

Wonderful! 60: Walk Man

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[theme music plays]

Rachel:

Hi, this is Rachel McElroy.

Griffin:

Hello, this is Griffin McElroy.

Rachel:

And this is Wonderful!

Griffin:

We, moments ago-

Rachel:

Yes.

Griffin:

... I say four minutes ago maybe-

Rachel:

Okay.

Griffin:

... we have come upstairs after having a fine, a fine meal of Trader Joe's beef and broccoli. I think, spicy beef and broccoli. Rachel did not pay attention to the packaging, but I think it was spicy 'cause I burned my mouth good, didn't I? But anyway, we were eating that, we watched the Terrace House movie. That's right, they made a Terrace House movie after the first season. And I have been emotionally devastated, I guess.

Rachel:

Yeah.

Griffin:

And it's probably the weirdest energy I've ever brought into a podcast recording in my life.

Rachel:

The movie, the movie was kind of a surprise to us...

Griffin:

Sure.

Rachel:

... but then once we found out about it, we were very excited.

Griffin:

It comes at the tail end of like a 98 episode, long season of Terrace House.

Rachel:

Yes.

Griffin:

And you see just this-

Rachel:

All your faves come back.

Griffin:

All the faves come back. It is, it is kind of like if they made like a movie of Lost, and like all the characters were-

Rachel:

Uh-huh.

Griffin:

... Well, that's kind of actually what the ending of Lost was, so never mind, but you get my point.

Rachel:

[laughs]

Griffin:

We have been just wrecked sort of my-

Rachel:

Yeah.

Griffin:

There... It brought out like a sorrow in me, but I guess a, a good sorrow.

Rachel:

It was weird because when the season was over-

Griffin:

Hmm.

Rachel:

... we were sad it was over.

Griffin:

Oh, I cried so hard.

Rachel:

And then we were like, oh the movie. And I felt like they can't do this to me again. They already did it to me.

Griffin:

And they fucking did it to me again. And now we're recording our, ostensibly sometimes funny podcast.

Rachel:

Yeah.

Griffin:

And so that's gonna be a challenge, but-

Rachel:

Well, here's what we have to look forward to...

Griffin:

Yes.

Rachel:

... we can just start over again.

Griffin:

This podcast?

Rachel:

Boys and Girls in the City.

Griffin:

Oh, I thought you were saying you didn't like the intro to this.

Rachel:

[laughs]

Griffin:

Which is fine. It's a fine position. It's hey-

Rachel:

It's a little, not exactly zippy.

Griffin:

No, you're right. Let's zip it up with some fucking small wonders. [in a strange accent] Small wonders ba... If I do fun voices, that might sort of make me forget about the sadness. So when we say, I get a little high, did... [in a strange accent] "Hey, did anybody order these, uh, small wonders?"

Rachel:

What is that voice?

Griffin:

[in a strange accent] "Hey, did anybody order any of these small wonders?"

Rachel:

Who are you are thinking of when you do that voice?

Griffin:

New York... man.

Rachel:

I thought maybe it was like a Beatle. Like George Harrison.

Griffin:

[doing a poor impersonation of a Beatle] "Did anybody order these small wonders?" [laughing] "Did anybody order any of these? Paul, did you order these small wonders?"

Rachel:

You're doing like a Christopher Walken a little bit, I think.

Griffin:

[in a strange accent] "Did anybody order any of these--"

Rachel:

[laughs]

Griffin:

[in a strange accent] "... Ringo, small wonders?" Hey, do you have any small wonders stuff?

Rachel:

[laughs] I do. Uh, the national portrait gallery in Washington, D.C.

Griffin:

Yeah. You had yourself a grand old time.

Rachel:

I did my first ever work trip since Henry was born.

Griffin:

Sure.

Rachel:

And I went to Washington, D.C., and I was determined to hit up some of those museums. And I thought the national portrait gallery would just be, I don't know, portraits, but it's so much more.

Griffin:

What... I mean, what the fuck else do they have? It's called a portrait gallery.

Rachel:

Just a lot of like modern exhibits of artists that do more than just portraits.

Griffin:

Why then call that? Why then call that?

Rachel:

Well, it's primarily portraits.

Griffin:

Oh, okay. I feel relieved. Um, did, did... Can you tell me the truth? Did you touch any of them?

Rachel:

I didn't. No. I was thinking about how fun it would be to bring Henry to a big old museum, but then I thought, oh, he would-

Griffin:

No.

Rachel:

... for sure touch everything.

Griffin:

He would touch everything, with intent to destroy.

Rachel:

Yeah.

Griffin:

That's a phase he's in now. He wants to hurt... Do... Uh, I have a small wonder. It's a podcast.

Rachel:

Okay.

Griffin:

So we talked about, uh, Baths, I think in the last episode, uh, the, the, uh-

Rachel:

Oh, yes.

Griffin:

... electronic, uh, artists, uh, and our Facebook group blew up because, uh, they were all recommending a podcast, a podcast that he does, Will Wiesenfeld and his brother John-

Rachel:

Oh!

Griffin:

... uh, called 2.0, where they just try to, uh, fix things that are fine. So, uh-

Rachel:

[laughs]

Griffin:

There's like an episode about barbecues and cemeteries, uh, and house cats and the third dimension. Uh, and they just-

Rachel:

Wait.

Griffin:

... come up with suggestions on how to fix these things.

Rachel:

Oh, okay.

Griffin:

Uh, it is very, [laughing] it's very good. It's got, it's got good vibes. Uh, and it's, it's right at my eye. I've been listening to it a lot now in my, my daycare drives.

Rachel:

Cool.

Griffin:

Uh, yeah. Anything else? That spicy beef and broccoli really did it for me. Trader Joe's frozen meals like, do it for me. Trader Joe's has the good frozen meals.

Rachel:

I know.

Griffin:

I'm not above it. Like obviously I like having a home cooked meal that, that we have prepared-

Rachel:

Yeah.

Griffin:

... but if it, if it has to be froze, and then hot and then we eat it, I would prefer-

Rachel:

Yes.

Griffin:

If it's gotta be froze, gotta be Trader Joe's. Come on. You can use that, Joe.

Rachel:

[laughs]

Griffin:

Who is the Joe?

Rachel:

Nobody knows.

Griffin:

Nobody knows the Trader Joe, Joe's. What if it's Joe Pantoliano?

Rachel:

Who?

Griffin:

The actour, Joey Pants. What if it's Joe Lawrence? Has anybody ever called him Joe Lawrence before, or am I the first?

Rachel:

Joseph Lawrence.

Griffin:

Joseph... Josef Laurenz.

Rachel:

That's his name on Broadway?

Griffin:

That is... Really?

Rachel:

[laughs] No. [laughs]

Griffin:

Was he on Broadway?

Rachel:

[laughs] No. I don't think so, baby.

Griffin:

He might have been.

Rachel:

[laughs]

Griffin:

Uh, who goes first this week website that is loading right now? It's me.

Rachel:

Gosh, I always feel like you go first.

Griffin:

It's not true. 50% of the time—

Rachel:

I know.

Griffin:

... you go first.

Rachel:

[laughs]

Griffin:

What's that say about you?

Rachel:

[laughs] You know, I'm just eager.

Griffin:

You know a way we could actually decide who goes first?

Rachel:

Hmm?

Griffin:

We could play rock, paper, scissors. That's my first thing.

Rachel:

No, you can go first. Oh! Oh!

Griffin:

My, my first thing—

Rachel:

It really is.

Griffin:

... is rock, paper, scissors.

Rachel:

Okay.

Griffin:

I was thinking about it today. I was thinking about like games. I almost talked to you about Skyrim. So be glad that you dodged that bullet.

Rachel:

[laughs]

Griffin:

Um, but I was thinking about games, right? 'Cause I, I like games, and I was thinking—

Rachel:

Yes.

Griffin:

... about 'em. And then I was thinking about like folk games, you know? I like a good, uh, hide and go seek, capture the flag, on Sebastian Charles, so like that stuff. And I was trying to think of, of stuff like that, that I'm very familiar with and everybody's familiar with. And I don't think that like rock, paper, scissors is the best game ever. It's like a, a zero sum game. Somebody's gonna win, or—

Rachel:

Yeah.

Griffin:

... somebody's gonna tie. And there's very few outcomes, and not much strat that goes into it. I'm not constantly going around playing it. I'm not going to the tournaments, which there are definitely tournaments, which is exciting.

I love that human beings came up with a way to solve arguments between themselves with a competitive hand game. I love, back in caveman days, if somebody wanted to eat the big fish that they've pulled out of the ocean, but they only had one fish and two people, they would beat each other to death with clubs, probably to decide who gets it. And then there were people who were just eventually like, "What if we played a little hand game together?"

Rachel:

Can they trace rock, paper, scissors back that far?

Griffin:

Not to caveman days. No. It does trace back literal millennia. Uh, it was, uh, first played and sort of documented across East Asia. Uh, there is a book that was published in China around, uh, 1600, uh, which said that the game was first played during the, uh, Chinese Han dynasty between–

Rachel:

Hey, you know... Hey, you know what I just thought of?

Griffin:

What?

Rachel:

It was caveman days, it just would've been rock.

Griffin:

Hey, that's good.

Rachel:

[laughs]

Griffin:

Yeah, they didn't have the other things. Well, when it started out, it was not rock, paper, scissors–

Rachel:

Oh, okay.

Griffin:

... which I will get to. But, uh, it was... So it's thought to, uh, have been played during the Chinese Han dynasty between 206 BC and 220 AD.

Rachel:

Wow!

Griffin:

This is when that dynasty was. So, uh, it was, according to this book that was published in 1600, it was called, uh, and I'm going to fuck up the pronunciation on this, and every other word I'm going to say in the next 10 minutes, but, uh, shoushiling. Uh, and it, it was sort of a rudimentary... There's not much on like the rules of what this like very first discovered version of rock, paper, scissors was.

Uh, it's a lot easier to kind of trace how the game evolved in, in Japan. It, it made its way over to Japan fairly quickly. Uh, there it was called sansukumi-ken. Uh, according to Wikipedia, uh, it means, ken, which translate to fist games, where, "the three who are afraid of one another," which is great.

Rachel:

[laughs]

Griffin:

'Cause that's a fucking what rock, paper, scissors, and every permutation of it is. So one of the first ken games in Japan wasn't rock, paper, scissors, it was frog, slug, snake.

Rachel:

Oh, that's fun.

Griffin:

That's extremely good. And obviously you're not making scissors with your hands 'cause it's frog, slug, snake.

Rachel:

Yeah.

Griffin:

Uh, you hold out your pinky, that's slug, you hold your thumb up, that's frog, and you extend your index finger like that, it's a snake. And in this game, slug beats frog, snake beats slug, frog beats snake. It, it's literally the same thing.

Rachel:

Uh-huh.

Griffin:

But with frog, slugs and snakes.

Rachel:

I'm trying to think, 'cause the big thing that always stresses me out about rock, paper, scissors is getting my hand to the right shape fast enough. And I'm trying to think how it would be—

Griffin:

I think it'd be easy, right? Boom, boom, bink. That's my pinky. That was the sound my pinky shooting up.

Rachel:

[laughs]

Griffin:

Um, so there was another version in Japan. Like they... Again, like it is easier to track like how the game changed, and they just had like a lot of these different ken games. Uh there's one, kitsune-ken. Kitsune means, uh, fox. And in this game, fox beats village head, village head beats hunter, hunter beats fox. And so, uh, I think that that's pretty great. I don't know what the hand signals were for that. Maybe it's like for the fox you have to do like the foxy lady dance from *Wayne's World*, uh, two-

Rachel:

[laughs]

Griffin:

... that Garth does. Um, and... So the version that we play today, uh, derive from, uh, Jan-ken, uh, which is rock, paper, scissors. It is rock, paper, scissors. That is what they call rock, paper, scissors in Japan.

Rachel:

Yeah.

Griffin:

Um, so, uh, it, it first came to America in 1932. The New York Times was writing an article about Tokyo, and kind of talked about rock, paper, scissors, and kind of unleashed it to the world. Well, not to the world. It, it was, it was spreading across the world before it came here. Uh, but then that's, that's how we got rock, paper, scissors. Uh, so people who are very like a lot smarter than us have written about rock, paper, scissors, and have sort of figured out that human players-

Rachel:

Yeah.

Griffin:

... are non-random in the things that they choose to throw.

Rachel:

Oh, okay.

Griffin:

Which is a long way of saying that it is possible to gain a skill-based advantage in the game rock, paper, scissors.

Rachel:

Yeah. I heard there's like a competition, and people are like, actually like good at it. Like–

Griffin:

Yeah, there are lots–

Rachel:

... specifically good.

Griffin:

There are lots of like, uh, tournaments. A lot of it boils down to like how you read your player's hand motions and habits, uh, and then perform your own hand motions and reaction to them.

Rachel:

Yeah.

Griffin:

Uh, another thing that happens in tournaments is that players try to confuse each other by, uh, shouting out one of the positions, then throwing a different position.

Rachel:

[laughs]

Griffin:

And their goal in doing that is to get their opponent to make an illegal move, right? Because you can't do like–

Rachel:

Oh!

Griffin:

You stick out scissors, and then you change to rock. But if somebody yells something and throws out something different–

Rachel:

Yeah.

Griffin:

... and you feel compelled to change, then you lose that round because you cheated. So the, the way that they get around that is a lot of people in tournaments, uh, decide the sequence of gestures they're going to throw before the tournament even starts.

Rachel:

Oh, okay.

Griffin:

That's fucking wild to me.

Rachel:

Yeah.

Griffin:

Uh, there... Here's another piece of sort of like errata that I actually knew about and forgot. In 2012, uh, researchers from the Ishikawa Watanabe laboratory at the University of Tokyo created a robot hand that can play rock, paper, scissors with a 100% win rate. Uh, using a high speed camera, the robot recognizes within one millisecond-

Rachel:

Oh my gosh!

Griffin:

... what shape the human hand is making, then produces the corresponding winning shape. Look up rock, paper, scissors robot if you've never seen this video.

Rachel:

That's awesome.

Griffin:

It's obvious that it's cheating. It's still fucking Skylab terrifying, watching this super powerful pneumatic robo hand, just like launch out the fucking scissors [laughing] in a millisecond.

Rachel:

[laughs]

Griffin:

It is the scariest thing, uh, ever.

Rachel:

I always get really paranoid whenever I play rock, paper, scissors, that something about the motion of my hand will suggest what I'm gonna do before, which is exactly what you're saying that robot does.

Griffin:

Yeah. Exactly. I, I, I don't know. I just... I really think it's great that when we have a, when, when people have a like dilemma that they need to solve, and they have something that they can't figure out, instead of, you know, duking it out or taking it to a higher power, we play a little game. I think that's nice.

Rachel:

Mm-hmm.

Griffin:

I think that's great.

Rachel:

Yeah. It is nice. It's always fun to see people play it too. 'Cause usually it's like a relatively low stakes thing—

Griffin:

Oh, yeah.

Rachel:

... where people will bring it out, and it's always fun to play.

Griffin:

Have I, have I told you about my super high stakes rock, paper, scissors I had one time?

Rachel:

No.

Griffin:

It was when I was—

Rachel:

Oh wait, it's the room in the apartment?

Griffin:

It was my apartment.

Rachel:

Yeah.

Griffin:

I just moved into my first apartment with, uh, two guys I went to high school with, uh, when I was still living in Huntington. And it was on the 13th story of the tallest building in Huntington. And there was one room that was kind of big with no windows at all. And then one room that was kind of small with one window that was like frosted, so you couldn't really see through it. And then one corner room—

Rachel:

[laughs]

Griffin:

... with windows overlooking all of God's splendor across wild and wonderful West Virginia. And it was amazing and it was huge. And so we played rock, paper, scissors for it. And I won, and I got that sweet room. And I can't imagine what that fucking year would've been like if it weren't for that—

Rachel:

[laughs]

Griffin:

... 'cause that was, that was the sweet little setup I had there. All thanks to the, the R, the RPS. What's your first thing?

Rachel:

My first thing is walking.

Griffin:

Walking? Are you talking about sort of the idea of just sort of, uh, ambulation? Or like—

Rachel:

No. And I thought you might say that.

Griffin:

Okay. Jesus!

Rachel:

[laughs] Well, I... So I wanted to provide, so it... More for like for leisure and contemplation.

Griffin:

Oh, interesting.

Rachel:

I realized when I was in D.C., I was walking like six, seven miles a day, which is something I used to do a lot of when I had more free time.

Griffin:

Sure.

Rachel:

Um, and I just started thinking about like how it's been such a, a thing for me. So like when I was growing up, my parents had this, uh, above-ground pool in our backyard, and I used to walk around it and think my thoughts.

Griffin:

Wait, that's the best thing I've ever heard.

Rachel:

[laughs] Like around the outside of it.

Griffin:

So not on-

Rachel:

Like a-

Griffin:

... like a deck, but like-

Rachel:

No, like a polar bear in the zoo. [laughing]

Griffin:

Why didn't you just walk... I, I've, I've been to your house that you grew up in many times-

Rachel:

Mm-hmm.

Griffin:

... it's on a... It sounded like a nice, quiet, residential street. Why didn't you just sort of cruise the hood?

Rachel:

Oh, cause I was a youth. I mean, this is when I was young. This is when I was like nine or 10. My parents weren't gonna let me go on a lengthy walk around the neighborhood by myself.

Griffin:

Oh! Mine, mine-

Rachel:

[laughs]

Griffin:

... would put me up on that bike-

Rachel:

I mean, I could get on a bike by myself.

Griffin:

I think it was because there were three of us. And so if they lost one-

Rachel:

Mm-hmm.

Griffin:

... it wouldn't be... If, if one fell in the crick-

Rachel:

[laughs]

Griffin:

... they still have the two backups, you know?

Rachel:

Uh-huh. Um, so I did that a lot as a kid. And then when I was in college, I used to like to, when I was, um, when I was having to difficulty finding friends, I would take my little Discman, and I would listen to U2, Joshua Tree.

Griffin:

There were so many good things in the last two sentences.

Rachel:

And I would walk around in, in the, in the campus, and, and you know, just really, really think my thoughts.

Griffin:

I have to know if this was you saying something funny for the podcast, or if you actually call them Discmans?

Rachel:

What else would you call them?

Griffin:

[laughs] Discman is the only way I've ever said it or heard it pronounced in my life. Discman?

Rachel:

Discman.

Griffin:

This is Discman. He is powered by U2's Joshua Tree.

Rachel:

I am very confident that this is not a Rachel-

Griffin:

Holy shit.

Rachel:

... anachronism. This is a real thing that people say, Discman.

Griffin:

Okay. Somebody put a pull up in the Facebook group-

Rachel:

Okay. So do you say Walkman?

Griffin:

Yeah. Do you say Walkman? Holy shit.

Rachel:

Maybe.

Griffin:

What the fuck?

Rachel:

Maybe.

Griffin:

That... I mean, it's awesome. It rules. I'm glad.

Rachel:

[laughs]

Griffin:

Different strokes and, and all that jazz, but I'm just... I'm-

Rachel:

Do you say hangman when you play a game? Do you say-

Griffin:

No, I say hang man, but it's not a brand name.

Rachel:

[laughs]

Griffin:

Well, I'm not like, uh, stupefied that you call it something different, I'm stupefied in how like entrenched in our positions, thinking-

Rachel:

[laughs]

Griffin:

... the other person is so wrong, we are. It's wild.

Rachel:

You're just happy that, that this is... sprung back on me, uh, based on all of your-

Griffin:

Rachel makes one of my colloquialisms-

Rachel:

[laughs]

Griffin:

... like, all the time.

Rachel:

The other day we were worried that Henry had, uh, injured himself, and Griffin just said, "Oh no, he probably just stoved his leg."

Griffin:

Right.

Rachel:

And I was like, "Stoved it?"

Griffin:

Yeah. Like when you run your... If you run your finger like against the table straight, and it kinda like pushes it back, and then it hurts. I don't know what the—

Rachel:

So we always said jammed it.

Griffin:

Jammed it, stoved it.

Rachel:

Stoved it?

Griffin:

I don't know what the... Yeah. I don't know, I don't know what the etymology of that is, but it's what—

Rachel:

Ooh!

Griffin:

... I always heard it called growing up in, in the old, wild and wonderful West Virginia. Okay.

Rachel:

[laughs]

Griffin:

I'm so sorry. That was such a huge diversion. Walkman.

Rachel:

[laughs] Um, anyway, the thing that's nice about walking beyond the, uh, contemplative, uh, aspects of it that I really like are, um, I have been in this phase where I just don't feel like exercising. I just really don't.

Griffin:

Yeah.

Rachel:

I just can't get excited about the idea of running.

Griffin:

Yeah.

Rachel:

Or getting an elliptical machine, but I can always get up for some walking, and it's actually really good for you still.

Griffin:

Yeah. It's still good for you.

Rachel:

Yeah.

Griffin:

And it's a, a good way to take in the, you know, place wherever you are walking, which I like.

Rachel:

Well, it was interesting. So obviously there's a lot of things like lower blood pressure, and it can improve your, your mood and lower your stress. Uh, it also can lead to better memory and cognitive function.

Griffin:

How?

Rachel:

Which I was surprised about. There was—

Griffin:

Oh, there's that... There's that fucking tree again. I know you.

Rachel:

[laughs] There was a study, uh, in the, uh, journal, Neurology, in 2010, 2010, that found that walking was associated with a greater volume of gray matter in the brain. A measure of brain health.

Griffin:

Huh?

Rachel:

Hmm.

Griffin:

That's wild to me. I wonder if it really is like... Because you see more of the... When I lived in... When I first... I've thought about this a lot today, for some reason. I thought... I tried to remember when I first moved to Austin, and didn't know where anything was or what it was. But then I thought about like the first month that I lived here, and I just wanted to fucking eat the city up and see everything, so I could get a lay of the land. And that's kind of like a memory improvement, right? Like at the, at the very least, you're using your, your mind-

Rachel:

Well, yeah. And the fact that I can remember walking around the pool-

Griffin:

Yeah.

Rachel:

... and think of my thoughts, when I was like, you know, eight or nine years old, like-

Griffin:

I can't remember anything from any of that.

Rachel:

I can't, I can't think about... Like I can't remember thinking my thoughts in other situations-

Griffin:

Sure.

Rachel:

... but I can in that one. Uh, the other thing I found interesting, so, you know how a lot of people talk about 10,000 steps as like the goal-

Griffin:

Yes.

Rachel:

... the daily goal?

Griffin:

Yes.

Rachel:

Which is actually–

Griffin:

Ludicrous.

Rachel:

... ends up being about five miles.

Griffin:

Ludicrous.

Rachel:

It didn't... That number didn't originate from scientific research. Uh, it was first used in a Japanese marketing effort associated with one of the first commercial pedometers. The device was called manpo-kei, which literally means 10,000 steps meter in Japanese.

Griffin:

Then I feel fucking lied to, and also extremely relieved.

Rachel:

The 10,000 step goal is thought to be a realistic minimum, and it's good, but for complete risk reduction, people should aim for more.

Griffin:

What the fuck?

Rachel:

[laughs] Uh–

Griffin:

I'm toast, dude.

Rachel:

This, this physician from the University of Warwick did a study, and said that those who took 5,000 extra steps on top of the 10,000 had no metabolic syndrome risk factors at all.

Griffin:

All right.

Rachel:

So 15,000, Griffin.

Griffin:

Whatever.

Rachel:

[laughs]

Griffin:

It's not, it's not reasonable. I work from home, and then I go to... I go to daycare, I drop off Henry. I come home, I work from home. I go to get Henry, and then I come home, and then we-

Rachel:

You could go-

Griffin:

... put him to bed, and-

Rachel:

You could go on a walk around our neighborhood.

Griffin:

For five motherfucking miles?

Rachel:

[laughs]

Griffin:

It would take me, it would take me an hour and a half.

Rachel:

If we lived in a more, you know, walk friendly environment...

Griffin:

I could walk downtown. That's 10,000 steps. It would take me 10,000 steps from our house. I could literally walk downtown. That is... I could walk up to the Ikea up in Round Rock.

Rachel:

So the research I said was... Uh, said that 30 minutes of moderate intensity walking five days a week is, is healthy.

Griffin:

Okay. Not gonna happen. If... Listen to me, folks, listen-

Rachel:

[laughs]

Griffin:

... I'm serious, folks sitting at home, if you do not do this, that is totally fine. I think walking's great. And I think it is a valuable thing to do.

Rachel:

I have started, I have started walking between 30 and 40 minutes at work each day.

Griffin:

That's fine. That's attainable.

Rachel:

Just on my lunch break, I'll go out. I'll do a little walk. It's nice for me. And it, it lets me think my thoughts.

Griffin:

For sure. I think that that's great. And I've certainly have done that in the past. Before we had Henry, I would try and go on regular walks because it is nice. I would mostly do it for the like, uh, just to get out of sort of my existential funk of living out of the house exclusively.

Rachel:

Yeah.

Griffin:

Like I think that that's a good thing to do. 10,000 steps, it's so much.

Rachel:

[laughs]

Griffin:

It's so many steps. Um, so, yeah. I was doing that at Disney world, right? But like that is literally-

Rachel:

Yeah.

Griffin:

... 14 hours of just walking from one Donald to another Goofy.

Rachel:

When I was in D.C., and I would have these little breaks, I would go on these walks, and I ended up doing like seven miles one day. And that was just like four little discreet walks I took.

Griffin:

I definitely think people who like live in the city-

Rachel:

Yeah.

Griffin:

... crush this all the time. Texas, not the most walkable state, 'cause it's the size of the, like half the earth, I think.

Rachel:

Yeah. No, that's, that's, that's right.

Griffin:

Can I steal you away?

Rachel:

Okay. So you're gonna be excited. I thought of, uh, lyrics.

Griffin:

Oh, for... Whoa!

Rachel:

Last night I woke up at 3:00 AM-

Griffin:

Holy shit.

Rachel:

... and I, this was in my head, and so I wanted to share it.

Griffin:

You went on a two and a half mile walk

Rachel:

No, it's, it's ad appropriate.

Griffin:

Okay.

Rachel:

Uh, mattress, meal kit, website, watch, underwear... socks? [laughing]

Griffin:

It's good. Really covers all of our faces. [laughing]

Rachel:

I like... Got that in my head at 3:00 in the morning, and I like had to write it down. I was so proud of it.

Griffin:

I, I... My love for you-

Rachel:

[laughs]

Griffin:

... is, is deep and wide as the ocean, as all the oceans. And I don't tell you that enough.

Rachel:

Thank you.

Griffin:

I tell you that a lot, but after hearing that, I still think I could put in a little bit more-

Rachel:

[laughs]

Griffin:

... elbow grease.

[ad break]

Griffin:

Uh, hey, do we have any gumbotrons?

Rachel:

Yeah. [laughs] Uh, so this jumbotron is for Fantastic Worlds Podcast. Uh, it is an actual play podcast of diverse and inclusive friends with overactive imaginations adventuring into world's unknown. They focus on story first, math second.

Griffin:

Can we make math like 14th? [laughing]

Rachel:

The characters are nuanced, relationships are complex, and the stakes are high. They endeavor to engage a community by weaving a story not driven only by the written page, but the ingenuity of characters and luck of the rolls. Come for the story, stay for the bitter fights and playful banter. That is fantasticworldspod.com, or wherever you listen to podcasts. And that's every Wednesday.

Griffin:

Hats off to you, every Wednesday, once a week, unthinkable. I mean, we used to do it.

Rachel:

[laughs]

Griffin:

Where... What was my life like that we were doing that show once a week? Hat... Seriously, hats right off to you.

Rachel:

[laughs] Uh, this next message is for Taylor. It is from Jacob. "To my dearest, Taylor/Charlene/Taylor, take a breather from all of the wedding planning stress, and listen to this message. I love you the mosterest from here to infinity and beyond. I can't wait to spend my life on more road trips, listening to podcasts with you, and cuddling all the cats. With love, Reginald, AKA Jacyob, AKA Jacob."

Griffin:

AKA Buzz Lightyear. Ooh! Got 'em.

Rachel:

Was that a burn?

Griffin:

They said, uh, infinity and beyond. And I heard that, and then I couldn't take it. It was... For me, it was just, this is fucking Buzz Lightyear.

Rachel:

Yeah.

Griffin:

Uh, so like how did... How are you even typing this with your little plastic hands and no fingers, Buzz? Think about that one.

Rachel:

Reach for the skies.

Griffin:

Yeah, Tim Allen. You know, it's hard to think about that sometimes, but it is still Tim Allen in there. [laughing]

[Maximum Fun ad plays and ends]

Griffin:

Hey, can I tell you about my second thing?

Rachel:

Yes.

Griffin:

My second thing is the best television theme song of all time.

Rachel:

Okay.

Griffin:

I was very excited to do this one, and it's a bit... And it's a bit like sort of an abstract way to approach talking about the best TV theme song of all time, because I really appreciate a good TV theme song. I appreciate the television shows have theme songs in the first place. Like, who decided that like television... Who, who are these people? Boom, boom, boom, boom-

Rachel:

[laughs]

Griffin:

... Seinfeld. [laughing] Um, so I matched up the Frasier theme song and the Seinfeld theme song.

Rachel:

[laughs]

Griffin:

Do you like it? [laughing] Boom, boom, boom, boom. [smacks lips]

Rachel:

I just like that they would say the name, [laughing], The Seinfelds.

Griffin:

Uh, I love a good TV theme song. Why is it that television shows get credits at the beginning and the end of it? I guess movies do that too, but movies don't typically have like theme songs at the beginning of it, but, yes, Perfect Strangers is definitely in the pantheon. It's not number one, but-

Rachel:

Perfect Strangers. Cheers is a good one.

Griffin:

Cheers is iconic.

Rachel:

Parks and Rec is good.

Griffin:

Parks and Rec is a good one.

Rachel:

Mm-hmm.

Griffin:

I like an instrumental one that like sticks with you.

Rachel:

Uh-huh.

Griffin:

And I feel like that and, uh, The Office like those-

Rachel:

Yes.

Griffin:

... Those theme songs, like you can remember note for note. Um, uh, Firefly had a good one. It said... It was a good tone, tone setter. WKRP in Cincinnati.

Rachel:

[laughs]

Griffin:

If you live in Cincinnati and you go to karaoke, you will hear somebody sing the theme song to W... [singing] You're gonna get that no matter where you go in Cincinnati. It's kind of the fucking best, right?

Rachel:

[laughs]

Griffin:

If there was a, a show called, you know, uh, W, W... I can't think of a fucking single call sign. KL... K... KLB... KLBJ. Why can't I not think of a fucking single-

Rachel:

'Cause you don't listen to the radio anymore.

Griffin:

That's fair. Um, but, uh, Fresh Prince of Bel-Air. Fresh Prince of Bel-Air might be my runner up actually, because like-

Rachel:

Oh, okay.

Griffin:

... it's a... It tells a story, more than anything.

Rachel:

Mm-hmm.

Griffin:

West Wing, ah, ah-

Rachel:

It's a good one.

Griffin:

... inspiring. Any more that you think before I come up and dunk all of it?

Rachel:

Maybe The Simpsons.

Griffin:

Yeah. I'm over it.

Rachel:

[laughs]

Griffin:

Um, but the best TV theme song of all time is from the 1998 Space Western anime, *Cowboy Bebop*. And I hope that there's somebody out there listening to this who got a little, a little flutter in their heart because they were hoping that that was it. There's probably just one person, and if that was you, I feel you and your cause is righteous and beautiful. Holy shit, this song's a jam.

Uh, I had it in my head yesterday, and decided I want to talk about it in some context. That's why I sort of approached it in this like serpentine pattern. I sent it to you this morning just to make sure that you had heard it before, and I've played it for you, definitely, I guess, 'cause you said, "I know this... I know this track."

Rachel:

Yeah. Well, it's unforgettable.

Griffin:

It is very unforgettable just as *Cowboy Bebop* is. I cannot think of a TV theme song that has brought so much joy to my life, 'cause every time I hear it... And I know I speak enthusiastically about a lot of things on this enthusiast podcast. I get so fucking psyched, I wanna kick a hole in the wall. It is such a—

Rachel:

[laughs]

Griffin:

... It's such a jam. It is hard for me, and this is bad, like when I was younger and more foolhardy, if I was driving like on the highway in my busted up fucking 1992 Cadillac, uh, uh, Sierra, like... And this song came on my mix CD, it was really hard to fight the temptation not to like kick the gas a little bit harder, and pretend I was in an outer space dog fight.

Cowboy Bebop, if you have not watched it, uh, you should. It was a very short lived anime. It's only 26 episodes, so you can get through it. It's 26 episodes and a movie. And it's about this team of intergalactic bounty hunters, uh, from, uh... Not galactic. It takes place in, in just our solar system, um, but it's a, it's a diverse team. There's a former hitman, a former cop. There's a con artist and like a computer expert and a genetically engineered corgi. And they just tour the solar system and hunt down criminals for cash.

I first came across this show, as I think probably a lot of people living in America who are, uh, fans, uh, did, which was, it came on Adult Swim in September of 2001. And that was fucking like, that opened my eyes, 'cause I had never really watched any anime at all before. This was the first anime they had ever shown on Adult Swim, which was like completely my shit. And it just like blew me away.

I remember we were visiting our friends, like family friends in Indianapolis, and we had stayed up like past our bedtime, and we're watching Adult Swim, and this show came on, and I was like, "This is the coolest fucking thing—

Rachel:
[laughs]

Griffin:
... I've ever seen in my entire life." Um, the thing that really like makes the show, like its settings and characters and premises are all like really great, but what makes it is its tone. It has this like jazz inspired aesthetic that just like permeates the entire thing. And both like kind of like sorrowful jazz. Like the show... The premise of the show is that earth has more or less been destroyed, and so people had to move into other planets of the solar system. So there's this like lingering sense of loss, like everywhere they go. And so you get this like nice like smoky jazz over that.

And then anytime there's like a fight scene or like a space race scene or anything, you get this fucking pump up jazz. And that is exactly what the theme song is. It's called Tank by a Japanese band called the Seatbelts, which was actually formed specifically for *Cowboy Bebop*.

Rachel:
Oh, wow!

Griffin:

They just made all of it. Uh, the, the lead of the band is a, a woman named Yoko Kanno, who is a prolific composer for like huge names in anime. She did music for, uh, uh, *Ghost in the Shell*, and, and, and some other things. I wish I could play the whole song for you because it's got so... It builds and develops in this like fire climax that I can't really get across just by playing a snippet, but here's a little bit from *Cowboy Bebop*.

[*Cowboy Bebop* theme song plays]

Griffin:

It's just the dopest song ever. It is so good. And, uh, I re-watched *Cowboy Bebop* right after Henry was born because I needed something to watch between like 3:00 and 5:00 in the morning every night. And, uh, it was, again, holding a baby, and being very tired, and wishing the baby would sleep even a little bit better than it was. I was at the... one of the low points of my, of my sort of awaking life.

Rachel:

[laughs]

Griffin:

And then I would hear this theme song, and then, um, you know, me and the baby would go fight crime and stuff. It's pretty cool.

Rachel:

Oh my gosh. I wanna see that show.

Griffin:

Yeah. It's the *Cowboy Bebop* remake. Um, *Cowboy Bebop*'s great. Theme song was great. Go watch it.

Rachel:

What's it called?

Griffin:

Uh, *Cowboy Bebop* two.

Rachel:

Oh.

Griffin:

Cow baby... Cow, cow baby beep... Cowboy baby beep.

Rachel:

Cowboy baby pop.

Griffin:

Cowboy baby beep. It's called Kibi-bobop-

Rachel:

[laughs]

Griffin:

... and it's a really good show.

Rachel:

You know what I realize we forgot to mention-

Griffin:

What?

Rachel:

... in our theme song conversation?

Griffin:

Yes.

Rachel:

Both theme songs, All Dawson's Creek. [laughs]

Griffin:

Yeah. The real, the real dilemma is which one is your fav? 'Cause you gotta have a fave. Is it, I don't wanna wait? Or is it, Slings & Arrows. [singing]

Rachel:

[laughs] For those of you who don't know.

Griffin:

[singing]

Rachel:

[laughs] Uh, when Dawson's Creek was released on DVD-

Griffin:

It's so wild.

Rachel:

... for some reason they could not get rights to the original theme song, so they had to use a different one.

Griffin:

[laughs] Which is just so wild because you're fucking Dawson's Creek.

Rachel:

I know.

Griffin:

You are a huge show.

Rachel:

I know.

Griffin:

And for you to say like... The--there must have been a fight with, was it Sarah McLaughlin? Did she do...? I don't--

Rachel:

No. It's um--

Griffin:

Who was it?

Rachel:

Paula Cole.

Griffin:

Paula Cole. That sounds right.

Rachel:

Will you look it up, please? [laughs]

Griffin:

No, it's Paula Cole.

Rachel:

Okay.

Griffin:

They couldn't get that. They must have had beef with Paula Cole.

Rachel:

I know.

Griffin:

That's the only thing that makes sense to me. Paula Cole, they were like, "We'll, we'll give you 50,000." And she was like, "I want a hundred." And they were like, "Fuck you!"

Rachel:

I think when they, I think when they like signed her deal-

Griffin:

Yeah.

Rachel:

... they like didn't even know DVDs were gonna be a thing. [laughing]

Griffin:

That's entirely possible.

Rachel:

[laughs]

Griffin:

That's probably true for a lot of shows from back then. Uh, what's your second thing?

Rachel:

My second thing-

Griffin:

What... What like part of what anime is your second thing, I guess is my question?

Rachel:

No, mine is Mentors.

Griffin:

I love them. The commercials were so fucking funny when like the guy would get paint on his pants, [laughs], and then he'd roll around on the bench. So it looked like this whole suit was pin stripes types.

Rachel:

Mm-hmm.

Griffin:

Have you ever heard of anything so silly?

Rachel:

That's a good-

Griffin:

[laughs] You put Mentos in diet Coke and explodes. [laughs]

Rachel:

That's a good joke.

Griffin:

You've seen that meme?

Rachel:

Uh-huh.

Griffin:

You've seen the Ice Bucket Challenge? I'm just thinking of some good ones.

Rachel:

[laughs]

Griffin:

Mentors though, let's get-

Rachel:

Mentors.

Griffin:

... let's, let's get serious.

Rachel:

I have been thinking about that more as I get older. 'Cause you know how sometimes you're talking to somebody, and they're like, "Oh, that reminds me of my mentor." And you're like, "Oh, come on. What does that mean?" But, I'll tell you what, it's a real thing.

Griffin:

[laughing] Yeah.

Rachel:

So I, I... So when I started at United Way as an AmeriCorps VISTA member, my whole job was to help start this mentoring program that United Way was doing at the time. And they were trying to match volunteer adults with middle school students, uh, from, uh, disadvantaged backgrounds. And, uh, there was all this research that said that, you know, a kid with a mentor is twice as likely to go to college. You know, they, um, they are more likely to, you know, go on to have a, a good career, uh, and do better in school.

Griffin:

I don't doubt it, man.

Rachel:

All these things. And, you know, a lot of times this comes from, you know, children that don't have, you know, a real, like a parental figure in their life. And so having that mentor is, is somebody that can be really important to them.

Griffin:

Well, and I've always thought there's also like so much value in seeing something be done by somebody who's like passionate and good at it-

Rachel:

Yeah.

Griffin:

... because it makes that thing so tangible. It makes it so accessible, and seems like something-

Rachel:

Yeah.

Griffin:

... that you can just like, do.

Rachel:

I mean, a lot of kids, uh, don't ever like leave of their neighborhood, you know. They don't ever get to see, you know, a college campus, or-

Griffin:

Yeah.

Rachel:

... or go to, you know, an office building downtown. And by connecting somebody who has kind of like a, a different experience than them, you

know, but that they can relate to, you know, you're opening their world to things.

Griffin:

Yeah.

Rachel:

Uh, and so there was all this research talking about, you know, like an hour a week of time for no less than a year is shown to have the most impact, all this stuff. And I always kind of thought of mentoring kind of in that aspect. But then I started thinking about, you know, as I become older and, and more professional, you know, I think a lot about like the, the mentors along your career, and the value that they have.

Griffin:

Yeah.

Rachel:

So I, I wanted to share with you, and maybe get your thoughts. Uh, you know TED Talks?

Griffin:

I've heard of him.

Rachel:

Mm-hmm. Uh, so there are five types of mentors that you need.

Griffin:

I thought you were gonna say there's five types of TED Talks. [laughs]

Rachel:

There's five TEDs.

Griffin:

One's about animals. One's about apps. One's about life.

Rachel:

One TED is real wacky.

Griffin:

Yeah.

Rachel:

The, the other TED, a little more debonair.

Griffin:

Yeah. I watched a whole TED talk from, um... Fuck. Who's the magician who does the stunts that are gonna one day kill him?

Rachel:

David Blaine.

Griffin:

Yeah.

Rachel:

[laughs]

Griffin:

He did one about his... When he held his breath for 18 minutes on Oprah. Pretty good TED Talk. Held his breath on Oprah for I think maybe 17 and a half minutes. He broke the world record for holding your breath, and he went ahead-

Rachel:

What kind of television was that? Was he just sitting there?

Griffin:

Must See TV.

Rachel:

And how could they verify-

Griffin:

Oprah had like guests. Oprah had like a doctor sitting there just like-

Rachel:

How could they verify that he wasn't breathing?

Griffin:

Well, they... He was underwater.

Rachel:

Oh! Well, you didn't say that. [laughs]

Griffin:

Oh!

Rachel:

I thought he was just standing there. [laughing]

Griffin:

For 17 fucking minutes–

Rachel:

Staring.

Griffin:

... and he didn't tell Oprah he was gonna do it? [laughing] He was just like sitting on the couch across from Oprah–

Rachel:

[laughs]

Griffin:

... and she was like, "So tell me on your next trick." And he was like, "Well, Oprah, it starts right now." [gasps] And she was like, "Okay, but, uh–

Rachel:

Staring directly at the camera.

Griffin:

"Getting frozen. That must have been cold, huh? You're really not gonna talk, you're really gonna hold your breath for 17... Okay."

Rachel:

[laughs]

Griffin:

Fuck, that's good.

Rachel:

Uh, do you wanna hear about these mentors?

Griffin:

Yes, please.

Rachel:

I thought it would be nice if you could share your mentors.

Griffin:

My mentors? Yeah. Sure.

Rachel:

Okay. So the first is the master of craft. This is the person that can function as your personal Jedi master. Someone who's accumulated their wisdom through years of experience, and who can provide insight into your industry and fine-tuning your skills.

Griffin:

Hmm. The most obvious one is probably Chris Grant. Who's the editor-in-chief at Polygon, editor-in-chief at Joystiq. Kind of gave me-

Rachel:

Mm-hmm.

Griffin:

... my, my first big gig.

Rachel:

Mm-hmm.

Griffin:

And then kind of actually my only [laughing] gig I did until I quit it, and started doing-

Rachel:

Mm-hmm.

Griffin:

... uh, podcast full-time. Uh, like he hired me when I was 20. I didn't know anything-

Rachel:

Mm-hmm.

Griffin:

... and, uh, I learned everything that I know about online media, basically.

Rachel:

That's the thing. This seems like-

Griffin:

And also carpentry and home improvement.

Rachel:

[laughs] This seems like a really good role for a boss. I feel like I've had a lot of bosses that have had this relationship to me.

Griffin:

Yeah. For sure.

Rachel:

Uh, the next one is the champion of your cause. These are people who are advocate and who have your back, but they're more than just boosters. Often they can be connectors too, introducing you to useful people in your industry.

Griffin:

Huh! This one's not as obvious to me.

Rachel:

For me, this was more like academic. This was like, um, instructors I had that would tell me about new poets, or books I should read, or movies I should see, or... You know.

Griffin:

Yeah. I don't know if I can... I attribute... If I would attribute this to like people who have said nice things about our shows on Twitter. [laughs]

Rachel:

[laughs]

Griffin:

All of our, all of our listeners, uh-

Rachel:

Yeah.

Griffin:

... who tweet about the shows, you are, you are my-

Rachel:

Well, I mean, this could be, this could be Lin, right?

Griffin:

This could be Lin. Yeah. Lin has said so many... Lin has helped us out so many ways.

Rachel:

Mm-hmm. Uh, the next is the co-pilot.

Griffin:

I mean, Jesus Christ. Next.

Rachel:

[laughs]

Griffin:

Next. Thank you.

Rachel:

[laughs] This... Let me read the descriptor.

Griffin:

Okay.

Rachel:

This is your best work, bud.

Griffin:

Yep.

Rachel:

[laughs] The co-pilot is the colleague who can talk you through projects.

Griffin:

Of course.

Rachel:

Advise you in navigating the personalities at your company-

Griffin:

Mm-hmm.

Rachel:

... and listen to you vent over coffee.

Griffin:

Yeah. I mean-

Rachel:

This kind of mentoring relationship is best when it's close to equally reciprocal.

Griffin:

Hmm. Uh, I mean, I had people... Again, like this does not apply to my podcasts world, because I-

Rachel:

Yeah.

Griffin:

I... For me, then I have two choices basically. And the... The other one's just gonna find out. Uh, but I don't know, like Chris Plante, uh, at, at Polygon-

Rachel:

Yeah.

Griffin:

... who's our neighbor.

Rachel:

Yeah. This is my friend, Leah, for me.

Griffin:

Yeah, for sure.

Rachel:

It's like... Somebody we met through the workplace, we have similar kind of professional interests and goals. And uh, we kind of talk through, you know, things that are going on in our job with each other.

Griffin:

Yeah. Like I'm not necessarily in the games industry anymore, but I was in it for so long, and I wanna know... I want, I want this-

Rachel:

Yeah.

Griffin:

... I want the fucking scoop.

Rachel:

Yeah.

Griffin:

That's my dude.

Rachel:

You wanna know what Toad's wearing these days?

Griffin:

Yeah.

Rachel:

You know?

Griffin:

Yeah. That's... I mean, a decade of my work, uh, can be boiled down to, what's Toad wearing these days?

Rachel:

And like Stardew Valley, like what-

Griffin:

Don't try to get on my good side now by referencing-

Rachel:

... What fruits are available on the valley?

Griffin:

It depends on what season it is.

Rachel:

[laughs]

Griffin:

Obviously in fall, you got your blackberry game going.

Rachel:

Okay. Now you'll like this one.

Griffin:

Okay.

Rachel:

And, and I'm not gonna assume that I know who this is.

Griffin:

Is it gonna be you?

Rachel:

This is the anchor—

Griffin:

Yeah.

Rachel:

Well—

Griffin:

Can Jesus be two of them? [laughing]

Rachel:

Well, your champion supports you to achieve specific career goals, your anchor is a confidant and a sounding board. The anchor is keeping your overall best interest in mind, and can be particularly insightful when it comes to setting priorities, achieving work–life balance, and not losing sight of your values.

Griffin:

I mean, it's gotta be—

Rachel:

Mmh?

Griffin:

My, my wife, my wife, Paul.

Rachel:

Oh, we're done, Griffin. Oh, we're done, Griffin, right here.

Griffin:

All right. That was a gimmie. [laughs]

Rachel:

You're... 'Cause you're really my anchor.

Griffin:

Hear that, Jesus? [laughing]

Rachel:

Uh, and then this is the final one. This is the reverse mentor.

Griffin:

Someone I fucking hate the guts of. The devil.

Rachel:

So this is the person that you are mentoring, even though–

Griffin:

Oh!

Rachel:

... they have fewer years in the workplace. Uh, you can get feedback on your leadership style, engage with the younger generation, and keep your perspectives fresh and relevant.

Griffin:

I definitely don't have anything like this right now. Uh, I was in charge of like a, a small team of–

Rachel:

Yeah.

Griffin:

... of young reporters–

Rachel:

I remember that.

Griffin:

... earlier at Polygon, and I definitely got that feeling, and I really liked it. I don't know how useful I was, but it was nice to, um, watch them, watch them grow, whether or not I had anything to do with it at all. That was a very–

Rachel:

Yeah.

Griffin:

... reward... I had never managed anybody in my life before, and I was so sure I was so full of shit the entire time. But, uh, whenever I... I don't know. Whenever they did something really amazing–

Rachel:

Yeah.

Griffin:

... I was, I was very, very proud.

Rachel:

It like it keeps you connected to kind of what got you fired up in the first place to have somebody who's like newer on the scene.

Griffin:

Yeah. For sure.

Rachel:

You know. I, I know when I finished AmeriCorps, I continued to stay at United Way, and each year a new group of AmeriCorps members would show up, and I would just feel this real kinship to them and this real interest in what they were doing, because it like kept me excited about the work.

Griffin:

Yeah. For sure.

Rachel:

Yeah.

Griffin:

Yeah. That's a good subject. Uh, we had a lot of fun along the way, but I think it's important to-

Rachel:

[laughs]

Griffin:

... I think it's important to like really take stock of the people who have helped you, you know, become the, the person that you are, and help you get the... You know.

Rachel:

I think so too. You know, when I talked about teachers before, and I thought like, "Is this duplicative?" But it isn't really, because a lot of this comes from like a, an informal relationship, you know. They don't necessarily have authority over you and what you do. These are people that like, you know,

aren't making the rules for you necessarily, they're just like supporting you along the way. It's nice.

Griffin:

Yeah. Um, yeah, I think so. I was trying to think if I snubbed anybody. Uh, so now I'm just gonna list a, a bunch of important people in my life.

Rachel:

Did you say Jesus? I can't remember.

Griffin:

Jesus. Uh, Jesse Thorn, my dad.

Rachel:

Mm-hmm.

Griffin:

Um, your dad, just to be safe.

Rachel:

[laughs]

Griffin:

Uh, your mom.

Rachel:

Yeah.

Griffin:

Your mom. So thanks for listening to Wonderful.

Rachel:

[laughs]

Griffin:

This is a podcast that we do every-

Rachel:

Your brothers.

Griffin:

My brothers. Um, this is a podcast we do every week for you.

Rachel:

Mm-hmm.

Griffin:

Uh, and we, this one's finished, more or less. We gotta say some stuff at the end of it. Uh, I got a mailing list. It's, uh, mcelroybit.ly/mcelroymail. Speaking of mail, um, we're gonna get that PO box going-

Rachel:

[laughs] For sure.

Griffin:

... very soon. Um, and so that's gonna be cool, and we'll let you know where that lives. Thanks to Maximum Fun for having us on the network. They got all kinds of great shows like Story Break.

Rachel:

And Everything's Coming Up Simpsons.

Griffin:

And, Can I Pet Your Dog?

Rachel:

And... I'm trying to think of one we don't say all the dang time. International Waters.

Griffin:

International Waters, I don't think we've plugged in quite some time. Not because it's a bad show, but because there's 40 shows on the network, and we're bad at recalling all of them.

Rachel:

Beef And Dairy Network.

Griffin:

Beef And Dairy Network is precious in God's eyes. So that's a maximumfun.org. We have other stuff at mcelroyshows.com. Thanks to Bo En and Augustus for the use of our theme song, Money Won't Pay. It is actually the best theme song of all time, but it's not... This is not a TV show. Uh, you can find a link to that in the episode description. What else? I feel like there's one else.

Rachel:

Please like and subscribe and review and, and share and tweet and pin and favorite.

Griffin:

We're like 60 episodes in, I don't think we can ask for that anymore. I feel like we–

Rachel:

[laughs]

Griffin:

... And I... It's important that you tell your friends and like we get the word out, but after 60, it kind of feels like you have put all the English on the ball that you're, [laughing], that you're gonna get. We spent the first 60 episodes starting to... We threw the dart, and now the dart is out of our hands.

Rachel:

[laughs]

Griffin:

And whether it hits the bull's-eye of podcast success or not, uh, it's, uh–

Rachel:

Maybe you got a friend that likes the *Cowboy Bebop*, and they would love to hear somebody else talk about the *Bebop*.

Griffin:

God, that song fucking owns. God, it's good. Watch the actual opening to the show too, 'cause it is also like slick as shit. But, yeah, thank you all so much. Uh, it's been fun. Uh, I feel like I really bounced back from, you know, Teshan's whole saga coming to a, an end in front of our eyes, uh, just an hour ago, and I'm thinking about it, and I'm sad again. Can we please hang up? Can we please hang up? I need to go to my [laughs].. I need to crawl in my weeping basket. [laughing] I need to enter my morning yurt. Do you mind?

Rachel:

Please go ahead.

Griffin:

I'm crawling into the morning yurt now. Do not follow me in here. Do not go in there. *Ace Ventura: Pet Detective*. Have a good one.

[theme music plays]

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