

## Wonderful! 294: Four Hot Elbows

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[theme music plays]

**Rachel:** Hi, this is Rachel McElroy.

**Griffin:** Hi, this is Griffin McElroy.

**Rachel:** And this is Wonderful!

**Griffin:** This is Wonderful! A show where we talk about things that are good that we like that we're into. Rachel... you, if I can brag on you for a minute, Rachel just sprinted in the studio fresh out of the gym. Rachel's got—

**Rachel:** Yeah, I didn't realize how sweaty I was until you saw me and went, "Whoa!"

**Griffin:** Whoa!

**Rachel:** [laughs]

**Griffin:** I'm just saying, you are pumped up with just raw adrenaline.

**Rachel:** True.

**Griffin:** Just coursing through your veins. I'm jealous, 'cause you're riding that—you're zooted.

**Rachel:** You want to start something?

**Griffin:** No, I don't! Please!

**Rachel:** [laughs]

**Griffin:** Um, I just feel like maybe I should've done a few laps around the block to be on the same level as you, 'cause I don't have exercise energy for me right now.

**Rachel:** True, true. Well, I can carry us both with my big strong arms now.

**Griffin:** They are very big and strong. I love my huge wife.

**Rachel:** [laughs]

**Griffin:** Do you have any small wonders, huge wife?

**Rachel:** [laughs] I don't think I like that nickname.

**Griffin:** Okay.

**Rachel:** Umm... are you prepared to go first?

**Griffin:** Um... yes. We— in our continuing and unexpected streak of getting deeply absorbed by Korean reality shows have begun to watch *Busted* on Netflix, which is like— it has big *New World* vibes, a show you all know that I am very fond of.

**Rachel:** Yeah. There are mysteries, and there is a group of entertaining people, and there are—

**Griffin:** There are games and, like, escape— escape rooms, basically. Uh, even has a few of the people who've showed up who were on *New World*, which is exciting. It's so fun.

**Rachel:** I was telling Griffin— yeah, no. It— we quit the first season, though. We should be clear.

**Griffin:** We did, yes. The second episode of the first season left us a little bit high and dry. But we jumped to the second season—

**Rachel:** We loved the, like, puzzles where they're, like, all engaged and they're, like, solving things. But sometimes they get a little plot heavy, and you kind of just have to ride that out until they get to the next puzzle. [laughs]

**Griffin:** True. But yeah, it's fun. And again, like, what is this, like, the fifth Korean reality show that we have, like— like, really gotten deeply into this year?

**Rachel:** Yeah. [laughs quietly]

**Griffin:** What a wild— like, Physical 100, Siren, Love After Divorce... I mean, there's just so much! There's so much. What a delightful little, uh, adventure we've been on.

**Rachel:** Uh-huh. Um, I thought of my small wonder.

**Griffin:** Okay, what do you got?

**Rachel:** So, we went out to dinner, which was a big wonder. It was a very nice dinner.

**Griffin:** Huge wonder.

**Rachel:** And it was one of those dinners where you sit at, like, a counter with other people?

**Griffin:** Yeah.

**Rachel:** And there was this woman next to me and her sister, and it was her sister's birthday. And every dish that came out... [laughs quietly] they were like, "Ooooh, wowww!"

**Griffin:** It was so good. I loved it.

**Rachel:** And part of the presentation was, like, they would put a dish in front of you and then of course they would tell you about it. But every single time the woman couldn't wait. She was just like...

**Griffin:** "What is this?"

**Rachel:** She's like, "Ooh, what's that? Ooh! Ooh, what's that?"

And whoever was setting it down was like, "Well, we'll tell you in a moment. If you will—" [laughs]

**Griffin:** I loved it. I mean, it was— this meal may be the fanciest I've ever had.

**Rachel:** I know, I felt that way too.

**Griffin:** We don't usually do— we don't— I mean, we never, ever go out to eat, let alone at fancy restaurants. And so in my mind as soon as the dish was placed before me every time I would be like, "What the fuck is that?!" But I didn't verbalize it. And so I appreciated having a sort of, like, Greek chorus.

**Rachel:** [laughs] It was one of those things where people would take bites and, like, out of their control would be like, "Ooh, that's so good!" And, like, we're gonna keep saying that, I think.

**Griffin:** That's fun, yeah.

**Rachel:** I think that's gonna be part of it.

**Griffin:** [quietly] It was so good. I love food.

**Rachel:** [laughs]

**Griffin:** Um, I'm gonna talk about my thing first this week.

**Rachel:** Okay.

**Griffin:** I struggled last week to come up with a topic, and so I... sort of started trying to think more about this show, and the topics I would want to bring to it in my day to day life and not, like, the morning that we record, right?

**Rachel:** Yeah, of course.

**Griffin:** That's been helpful for me, because it has made me grateful for the things in my life that I take for granted. Like, for example, having a reliable set of pain relief tools. That is my...

**Rachel:** [laughs]

**Griffin:** ... subject this week.

**Rachel:** Uh-huh.

**Griffin:** I was gonna focus on one thing, and then I realized I have a lot of ways when I'm feeling achy and sore of dealing with that.

**Rachel:** [simultaneously] That is true, uh-huh.

**Griffin:** And I enjoy all of that. Um, I had a hard time naming this segment where it didn't sound like I was about to talk about sex toys for 15 minutes.

**Rachel:** Oh-ho-ho, yeah, no, it would be hard to describe—

**Griffin:** A personal massager.

**Rachel:** —yeah, the implements you use, without making it sound...

**Griffin:** Which, no judgment. That's just not what I'm going to be talking about today.

**Rachel:** Yeah. It is a kind of pleasure, but a different kind of pleasure.

**Griffin:** Yes. Uh, I'm talking about, you know, whether it is mechanized massage instruments or other tools you use on yourself to relieve tension, or achiness, or stress or whatever. Um, I've had pretty chronic, like, shoulder issues for the last, like, five years. It probably aligns actually pretty well with when we had children is probably when it really went into high gear.

**Rachel:** Yeah, that's true.

**Griffin:** I've never had, like, a great neck and back. [holding back laughter] Um, and my...

**Rachel:** Alright. [laughs] Alright. We all know—

**Griffin:** It's hard to say those two body parts in succe—

**Rachel:** We all know—

**Griffin:** Okay.

**Rachel:** —where you were going.

**Griffin:** Um, so I've seen— you know, I've talked about massage therapy on this show, which I think very highly of. Uh, I've seen specialists or whatever. Some

stuff works, some doesn't. The thing I keep coming back to is just a suite of remarkable, reliable little gadgets that get the job done every time.

The number one off-court buddy, the one I was originally just gonna talk about, I love a shiatsu ball massage machine.

**Rachel:** Yeah!

**Griffin:** Get those little balls rotating around. We have a, uh— a belt, essentially, that has these two pairs of rotating orbs that—

**Rachel:** That was given as a gift to me. [laughs quietly]

**Griffin:** Well, this is actually our second one, 'cause I did wear the first one out.

**Rachel:** [laughs] Uh, yeah, no. I received a version of this from Travis and Teresa for I believe a Christmas present.

**Griffin:** Yes.

**Rachel:** Uh, and I used it once or twice.

**Griffin:** A couple times, and I used it about 400 times.

**Rachel:** [laughs]

**Griffin:** Uh, and broke it, with the force that I put— the gauntlet I put this massage machine through.

**Rachel:** Yeah, it's true.

**Griffin:** Uh, it's got these two balls. They rotate around. You put 'em— you can sort of wrap around your neck, almost like a scarf. And then you have these two loops on the end of the belt that you put your hands in, and so you can kind of push the back of the thing into your... meat that hurts.

**Rachel:** Yeah, and Griffin, man—

**Griffin:** I get the fuck in there. I'm—

**Rachel:** He gets in there.

**Griffin:** This thing is a lifesaver. Nothing gets into my weird sort of topographical, like, shoulder meat like this thing does.

**Rachel:** If you are someone— if you're considering, if you're a home listener right now and you're saying, "Is this for me?" If you like an elbow—

**Griffin:** Yes!

**Rachel:** —when you are being massaged, that's what this is.

**Griffin:** That's what this is. It's like having—

**Rachel:** [simultaneously] This is just a couple elbows.

**Griffin:** —four hot el— four heated elbows that you just push right into your back. Man, it— you know, a good deep tissue massage, that's nice for the, you know, for the achiness that I bring to the table sometimes. But you don't always got time to go over to the spa and hit that up. And so you got this little massage belt with these hot balls that just go fucking crazy on you back there.

Um, honorable mention to— we've also used— we had, like, a shiatsu massage chair where it was like a seat you could sit in, and then you could program, like, where the balls are on your back.

**Rachel:** To be fair it was like a cushion that goes on a chair.

**Griffin:** Yes. Uh—

**Rachel:** We didn't purchase a, like, freestanding chair.

**Griffin:** No. That would be— man, if I could get one of those airport chairs...

**Rachel:** I mean, people do. People do.

**Griffin:** I guess so.

**Rachel:** It's just, that's, like, a whole piece of furniture.

**Griffin:** I think I'm so— I like the control that the belt gives me, 'cause I feel like for one thing I'm good at it now. Like, I look like I'm flying a fucking hang glider.

**Rachel:** [laughs]

**Griffin:** When I'm using it. And I can get it right where I need it and just hold it there and just, you know, move stuff around.

I also love a trigger point massage gun. Rachel was a shockingly early adopter of the— I think it was a Theragun that you got me.

**Rachel:** Well, I bought it for you, yeah.

**Griffin:** You got it for me, and it was amazing. It's huge. They used to be gigantic. They were, like, the size of, uh... like, mixers that you would use for, you know, pancake batter.

**Rachel:** Yeah.

**Griffin:** Now they're all tiny and stuff. The one I rock with now, still very strong, but it connects into, like, this hook, like, cane? And then you can hold that behind yourself to get at your hard—

**Rachel:** So loud.

**Griffin:** It's so loud. Rachel does not like this machine.

**Rachel:** I made Griffin take it to another room. He used to, like— you know, we'd put the boys to bed and we'd turn on a program, and then he'd pull that thing out, and I couldn't hear anything at all for the five minutes or whatever.

**Griffin:** Yeah. Partially because of the "Vvvv" noise of the thing, but also partially because of the "[loudly] Oh, yeah!" Like...

**Rachel:** [laughs]

**Griffin:** 'Cause I do yell. Like, I yell when it feels good, the massage machine.

**Rachel:** But you have assured me you don't do that when you receive a massage.



**Griffin:** No! Christ, no!

**Rachel:** [laughs]

**Griffin:** Um, I like— it's just— it's a game changer. For if I'm feeling, like, super achy in one very specific spot, anywhere. Rachel and I have started— well, Rachel's started a while ago, going to the gym, and I have been doing it with her for, I don't know, six weeks or so now. And it's great, I genuinely am shocked at how much I enjoy it. But it has wrecked my shop in new and exciting ways.

**Rachel:** [laughs]

**Griffin:** So having a little gun that I point at my thighs or whatever when I'm feeling sore there is— oh, it's so good. It's very intense, but it's very dependable for knocking out those little knots and stuff.

Um, I'm also a big fan of a heating pad for more sort of general, like, issues that are not like "I have this one spot that is bad for me."

Uh, a heating pad is— I think it's great that you can just have this little guy that you plug into a, you know, your wall, and then you [crosstalk].

**Rachel:** Do you have ice on that list?

**Griffin:** I do have ice on the list! I have, like, an ice— what is essentially just sort of an ice brassiere, I guess?

**Rachel:** [laughs]

**Griffin:** It's the only way I could describe it. That, uh, was prescribed to me by a physician. And, uh—

**Rachel:** I mean, you— you purchased it without a prescription. [laughs]

**Griffin:** Okay, fine. It wasn't— yeah, it's not a prescription ice vest.

**Rachel:** You didn't go to a pharmacy and they brought up the ice brassiere.

**Griffin:** [laughs] The special ice... [laughs] No. Uh, but—

**Rachel:** "Griffin? Griffin McElroy? Your brassiere is ready, Griffin." [laughs]

**Griffin:** It's— you gotta get this home in 15 minutes or it's useless. Um, it's great. It sucks to wear that one, though. Like a heating pad or a massage thing, I, like, am excited about that.

**Rachel:** Yeah.

**Griffin:** The ice vest, while, you know, it does help if I'm, like, inflamed or whatever... and—

**Rachel:** Yeah, I will say, ice surprises me. Like, 'cause you always hear that. And, you know, when your kid, like, hits their head and you're like, "Put ice on it," and you're not really sure why—

**Griffin:** [simultaneously] What it does.

**Rachel:** —you're doing it. But as I have had issues recently, like with my feet for example when I was wearing bad shoes, I have remedied that problem. But ice, I just put ice on the foot?

**Griffin:** Yeah, Rachel has—

**Rachel:** Good as new.

**Griffin:** —we call 'em uh-oh shoes, when Rachel makes a big mistake. Uh—[laughs]

**Rachel:** [laughs]

**Griffin:** When Rachel makes a big mistake, she forces herself to wear the uh-oh shoes. And I don't like 'em.

**Rachel:** I was wearing shoes around the house for a little while because I just needed that extra support until my foot healed up. And it— it— I think it really bothered you. [laughs quietly] I think you were, like, "Shoes in the house?!"

**Griffin:** No, it didn't bother me when you were wearing shoes to help your body feel better. That kind of stuff I'm okay with.

**Rachel:** Yeah.

**Griffin:** Um, you got some Biofreeze in a couple forms. Other stuff probably works too.

**Rachel:** Yeah. I don't know about the Biofreeze.

**Griffin:** It's hot, it's a cream that goes on cool and stays hot. It's— it's— I mean, it's like Bengay or... you know.

**Rachel:** I've never really used that. It seems—

**Griffin:** It's alright.

**Rachel:** It seems like a weird potion. [laughs quietly]

**Griffin:** It i— It i— I guess it is kind of a weird potion, but it make—

**Rachel:** Like, you buy it off of, like, a medicine wagon. Like, "Here, this feels cold and hot."

**Griffin:** Right. No, I don't— I mean, it's not medicine. I would never go so far as to say that. But when— I guess when I make the skin feel spicy where it hurts...

**Rachel:** Uh-huh?

**Griffin:** ... it distracts you from the hurting of it, 'cause now you're so spicy on your skin, which is not a pleasant feeling. But again, sometimes I gotta just throw spaghetti at the wall.

Been messing with a foam roller too, which feels like a sort of nuclear option for when you have aches or pains. 'Cause it's, like— it's— yeah, I mean, using one is also kind of a workout. Which seems... counter intuitive, in a way. Um, I—

**Rachel:** How does it feel saying all of this out loud in order? [laughs]

**Griffin:** This is what I'm saying. When I came out with this list, when I was, like, preparing for this—

**Rachel:** Like, "Wait a minute, wait a minute." [laughs]

**Griffin:** I was like, "Wait a minute. I do have a lot— when I am hurtin', I have a lot of ways of dealing with that, and I appreciate that." I like that I don't— you know, I'm feeling pretty sore right now. Just— I haven't done anything today. I'm just kind of pretty achy in my shoulder area. But I know as soon as we're done recording I have, like, fucking six or seven friends here on my speed dial that I can hit up to come and help me out!

**Rachel:** Uh-huh? The Avengers.

**Griffin:** It's the Avengers of muscle soreness. And I appreciate that, and I think everyone should have that in their life in some form. It doesn't have to be as extensive as this list, but you know.

**Rachel:** Ideally you wouldn't have any soreness at all.

**Griffin:** Sure. Yeah. I mean, yeah. Yeah!

**Rachel:** [laughs]

**Griffin:** Ideally, sure!

**Rachel:** Some people...

**Griffin:** Yeah.

**Rachel:** ... exist without soreness.

**Griffin:** I would love to meet one one day.

**Rachel:** [laughs]

**Griffin:** Can I steal you away?

**Rachel:** Yes.

[ad break]

[music stops]

**Speaker 1:** Ugh. Hmm.

**Speaker 2:** Oh, you're trying to put the name of the podcast there?

**Speaker 1:** Yeah, I'm trying to spell it. But it's tricky.

**Speaker 2:** Let me give it a try.

**Speaker 1:** Okay.

[music plays]

**Speaker 2:** If you need a laugh and you're on the go, call S-T-O-P-P-P-A-D...

[music stops]

**Speaker 2:** Ahh, it'll never fit.

**Speaker 1:** No, it will! Let me try.

[music plays]

**Speaker 1:** If you need a laugh and you're on the go, try S-T-O-P-P-P-D-C-O-O.

[music stops]

**Speaker 1:** Ugh! We are so close.

[music plays]

**Speaker 2:** Stop Podcasting Yourself.

**Speaker 1:** A Podcast from Maximumfun.org.

**Speaker 2:** If you need a laugh and you're on the go.

[music and ad end]

[music plays]

**Ify:** I'm Ify Nwadiwe, the host of Maximum Film.

**Alonso:** I'm Alonso Duralde, also the host of Maximum Film.

**Drea:** And I'm Drea Clarke, yet another host of Maximum Film. Every week we hosts huddle up.

**Ify:** Usually with an illustrious guest.

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[music and ad end]

**Rachel:** You want to hear my thing?

**Griffin:** Uh-huh!

**Rachel:** My thing is the time capsule.

**Griffin:** Oh yeah.

**Rachel:** Isn't it exciting? Like, I... this is one of those things that you can go years without thinking about. [laughs quietly]

**Griffin:** On purpose.

**Rachel:** [laughs]

**Griffin:** By design.

**Rachel:** Intentionally, yeah, I guess that's true.

**Griffin:** It would be shitty if you put a thing in the ground and it was like, "Open it in 30 years," and then for 30 years your every thought was...

**Rachel:** [laughs] "Is today the day?"

**Griffin:** "Is today it? Man, those books are probably getting so moldy."

**Rachel:** Um, did you ever have to do this?

**Griffin:** Yes, of course.

**Rachel:** Do you remember? Like, I feel like this is something I did in elementary school.

**Griffin:** Uh-huh.

**Rachel:** But I don't remember, like, did we actually put it somewhere?

**Griffin:** I remember burying a— there was, like, a whole thing at Ritter Park, which was, like, the park we grew up next to, where the city of Huntington put stuff in the time capsule. And so every school— every class in, like, every school in the area got to, like— 'cause it was huge, like the size of, like, a freezer.

Um, and they had to lower it in the ground with a crane. I remember all of this, but I don't remember what we put in, and I don't... know if it's open yet or not.

**Rachel:** Yeah. Yeah, I remember just being, like, totally fascinated with this concept. Uh, and it's a great exercise, I think, for kids, because it really makes you kind of examine, like, what pieces of culture are most important to you. Um, and then also think about the future. Like, what is gonna feel, like, significant.

The term "time capsule" was first used in 1939 at the New York World's Fair.

**Griffin:** That's so dope. It's so dope that this was ever such a remarkable i—" [goofy voice] Let's bury some stuff and wait!"

**Rachel:** Well, so here's the thing. It has existed for a long time, even before that. But it was kind of first called a time capsule...

**Griffin:** Okay.

**Rachel:** ... in 1939. Uh, the Westinghouse Electric and Manufacturing Company buried a cylinder on the fairgrounds to be opened in the year 6939. [laughs]

**Griffin:** [through laughter] Alright, guys! What the fuck did you make this out of?!

**Rachel:** A little optimistic, perhaps.

**Griffin:** 6939?!

**Rachel:** [laughs] I know. I know. I know.

**Griffin:** That's too far!

**Rachel:** They, I guess, were not aware of climate change and thought, like, "We're gonna go forever." [laughs]

**Griffin:** Well, I mean... I have to think that at some level of— some level of superstition must have existed here that would—

**Rachel:** It just seems crazy to me. There are so many years before that that are also far away.

**Griffin:** Wicked so many! Ten years is— ten years is, like...

**Rachel:** [laughs]

**Griffin:** That's a long time.

**Rachel:** Uh-huh.



**Griffin:** I don't know if I'll make it ten. 6939!

**Rachel:** The cylinder contains a collection of seeds, microfilm and news reels, everyday items, and a letter from Albert Einstein.

**Griffin:** Okay.

**Rachel:** I wonder—

**Griffin:** Do you think when Al— do you— I mean, he could've written anything in there.

**Rachel:** I know! Just like, "Microwaves. Think about it."

**Griffin:** Just write "Bababooie, bababooie."

**Rachel:** [laughs]

**Griffin:** "Love, Albert."

**Rachel:** Um, but yeah. As I mentioned, the concept of burying things, uh, has been around. [laughs]

**Griffin:** Well, yeah!

**Rachel:** But burying things for future people to uncover.

**Griffin:** Okay.

**Rachel:** Um...

**Griffin:** I was thinking— my mind immediately went to, like, a pharaoh's tomb, but they probably didn't ever want that stuff to get dug up, from what I understand.

**Rachel:** Mm-hmm. So some of the earliest American time capsules. In 1876, there is a time capsule that was buried in the Massachusetts State House. It was opened in 2015, although it was not meant to be opened on a certain date. It was assembled by Sam Adams and Paul Revere.

**Griffin:** Oh shit!

**Rachel:** And put into the cornerstone of the Massachusetts State House building. It contained newspapers, coins, a medal with Washington's image, and a silver plaque reading "This cornerstone of a building intended for the use of the legislative and executive branches of the government of the commonwealth of Massachusetts was laid by his excellency, Samuel Adams, Esquire, Governor of the said commonwealth."

**Griffin:** Alright! National Treasure 3.

**Rachel:** Yes. [laughs] Yeah, this idea, this, like, cornerstone idea, like, burying stuff in the foundation of a building—

**Griffin:** Yeah, it's cool.

**Rachel:** —like, is something that has been around for a long time.

**Griffin:** It's like in War with Grandpa, how he hides marbles in every house he builds?

[pause]

**Rachel:** I forget that you have watched that film. Have you?

**Griffin:** I don't know if I— I don't think I watched the whole thing, no.

**Rachel:** Tell me again the context for that? You talked about it—

**Griffin:** Hey, baby, careful. 'Cause we'll go the rest of the episode.

**Rachel:** [laughs]

**Griffin:** History has shown, once I pop I do not stop.

**Rachel:** Okay, okay. Um, there is an International Time Capsule Society, uh, which maintains a public database for time capsules around the world.

**Griffin:** Cool!

**Rachel:** Which I didn't realize.

**Griffin:** I would love— what a cool life it would be to just sort of travel around the world... to be at different time capsule openings. Nah, I take it back. That would be a shitty life.

[both laugh]

**Rachel:** Sliding doors, man.

**Griffin:** Well, I just thought, like, it must be so exciting to be at a time capsule opening. What if you could have that experience every day of your life? But then I was like, nah, you'd get fucking bored with that really, really, really fast, probably.

**Rachel:** And most of the time, like, I've read about it, and people are always really excited. Like, in the articles I read, everybody's like, "Oh my gosh, we found this time capsule. It's gonna be so exciting."

**Griffin:** And it's always newspaper clippings and coins.

**Rachel:** [through laughter] Exactly, exactly.

**Griffin:** There's never fun stuff in there.

**Rachel:** Exactly. Um, there are, uh, for example, time capsules in space.

**Griffin:** Well... okay. I would call those space capsules, I feel like.

**Rachel:** I mean, they still contain things from a certain time—

**Griffin:** How are we gonna get those back, though?

**Rachel:** No, that's a good point.

**Griffin:** Are they in geosynchronous orbit?

**Rachel:** The Voyager spacecrafts 1 and 2 both carry time capsules. Each included a golden phonograph record, which NASA says contains sounds and images selected to portray the diversity of life and culture on Earth.

**Griffin:** Yeah, I knew about those. But, um, they know we're not gonna get those back to crack them open, right?

**Rachel:** The craft were sent into space to explore the outer solar system, and both are still working away over 43 years after their launch.

**Griffin:** Bye! But I'm saying if I put a piece of trash in the river, and then the river carries that trash out to the ocean... that's not a time capsule.

**Rachel:** I think, uh... I mean, we don't have to get into whether there is life out there in space, but maybe the thought was, it's not for us to find again.

**Griffin:** Well, I hate to crack open Fermi's Paradox on our Wonderful podcast, but it feels like if there is intelligent life out there, the odds of us just goin', "Bang!" And shooting some garbage out there and hitting it seems limi— seems small, seems limited.

**Rachel:** Fair.

**Griffin:** And the stuff we put in there is not garbage, obviously. There's great stuff in there.

**Rachel:** Uh-huh.

**Griffin:** But, um, I don't know— just, it seems pretty unlikely that it's gonna hit someone.

**Rachel:** Yeah.

**Griffin:** That's gonna be like, "Hmm, have you heard this record?"

**Rachel:** [laughs]

**Griffin:** "New mixtape from Earth just dropped."

**Rachel:** Um...

**Griffin:** "It has blues music and a whale."

**Rachel:** Actually, I mean, that honestly is part of it. The sounds included greetings from humans in 55 languages, and a variety of natural sounds like surf, wind, and thunder. [laughs quietly]

**Griffin:** Cool!

**Rachel:** Um, which, you know—

**Griffin:** [simultaneously] "You heard this thunder?"

**Rachel:** —you can just get on your phone if you want white noise.

**Griffin:** That's a true— yeah.

**Rachel:** You don't even have to go into space.

**Griffin:** You don't have to go into space to hear Earth noises.

**Rachel:** Uh, so you can purchase your own, like, time capsule type thing, um, off of many different websites. Um, the International Time Capsule Society recommends that you decide on your capsule's purpose, you name your capsule, uh, you select a retrieval date, uh, secure items for storage, create a list of your inventory, select your location, have a sealing a burial ceremony, and then register your capsule with them.

**Griffin:** How do you make sure you don't accidentally capture, like, a virus in it? That then incubates.

**Rachel:** Oooh.

**Griffin:** And then you crack it open in 6969 or whatever, people are like, "Oh, dope. There's old microfilm in here. This was totally worth the wait. Oh, what else is in here? The Spanish Flu? Uh-oh!" Just saying.

**Rachel:** I read this Washington Post article from 2022 that talked about how this, like, interest in time capsules went up, um, during the whole, like, COVID isolation period.

**Griffin:** We were all so fucking bored. Like, we all got into scrapbooking, which is basically time capsules.

**Rachel:** Well, also you're in the middle of this historic thing and you're thinking, like—

**Griffin:** "I wanna remember this feeling. Always. [pause] Sucks right now, but we should remember... that."

**Rachel:** Yeah. I mean, a lot of people put masks in there. Like, "Hey, there was a time when masks... " not knowing, I think, that masks are always probably gonna be a thing.

**Griffin:** Yeah, sure.

**Rachel:** Uh, anyway, time capsules!

**Griffin:** Time capsules. They're great.

**Rachel:** Super cool.

**Griffin:** I love— uh, I love the future.

**Rachel:** 6939.

**Griffin:** 6939.

**Rachel:** See you there. [laughs]

**Griffin:** See you. Hey, we got some submissions from our friends at home. Macy says:

"My small wonder this week is rearranging my room. I recently rearranged my dorm room and un-bunked my bed, so now I don't have to climb on and off of it."

That's huge. Um, I love rearranging a room. I never do it.

**Rachel:** [laughs] Yeah, I was gonna say.

**Griffin:** But it— you know, I can remember very, very, uh, clearly, the times in, like, the house we grew up in when, like, we just changed where the couch was in the living room. And it was a total— it was an event.

**Rachel:** Yeah. My friend Ariel, I went— every time I would visit St. Louis, her house would be in a totally different layout. And I was very, like, impressed by that initiative. 'Cause it does. It can change the whole vibe.

**Griffin:** Uh, hey. Mitch says:

"A birdbath is such a simple thing that is mutually beneficial to the observer who enjoys looking at birds and to birds who enjoy splashing around and preening themselves in a shallow pool of water. What an easy way to connect with nature and help our feathery friends keep cool on a hot day."

I don't think I've ever actually thought about the function of a birdbath.

**Rachel:** Yeah, we had one at my house. I always thought it was, like, a very nice courtesy.

**Griffin:** Yeah, but I don't know that I ever saw a bird take a bath in it. I don't know that I've ever seen a bird using a birdbath.

**Rachel:** Oh, I have!

**Griffin:** Oh, okay. It feels like a private... moment.

**Rachel:** [laughs] You don't wanna be some kind of perv.

**Griffin:** I don't wanna be some weird bird perv.

**Rachel:** Um, that reminds me, one of my friends on Instagram has one of those, like, cameras, you know? And she will post videos of birds and sometimes raccoons and possums at her birdbath, and it's delightful.

**Griffin:** I'm gonna do one of those for a bath though, and it just have nasty— like, a nasty...

**Rachel:** [laughs quietly]

**Griffin:** Nasty sort of watch birds in the bath...

**Rachel:** [laughs]

**Griffin:** ... feed, for \$10. Hey, thanks to Bo En and Augustus for the use of our theme song, Money Won't Pay. You can find a link to that in the episode description. Thank you to Maximum Fun for having us on the network. They've got so many great shows there, like Judge John Hodgman, and Jordan, Jesse, Go, and so many more. All over at Maximumfun.org.

We got other stuff happening at mcelroy.family. Links to live shows. Hey, if you're in New York and you want to come see TAZ or MBMBaM, we're doing shows up there during New York Comic Con, and you don't need a badge for New York Comic Con anymore! They have rescinded that, uh, that qualification. Now if you live in the area and you want to come see us, just get a ticket. Come see us. It'll be a lot of fun.

**Rachel:** Yeah, I'm gonna be there too. I'm not gonna be, like, doing anything on stage, but, you know, I might say—

**Griffin:** You might do some stuff for the Con.

**Rachel:** Might say hi. Oh, well, yeah. I mean, I'll be there, you know, for the people that I imagine have a badge.

**Griffin:** Sure, sure.

**Rachel:** But, you know.

**Griffin:** We're also doing a show in Philly too. Uh, you can find all that info over at mcelroy.family. Got merch over at mcelroymerch.com. New Besties stickers that are adorable that I'm delighted by, so check those out too. And we'll have new stuff in October.

That's it for the show. Thank you all so much for listening. Um...

**Rachel:** Sorry we're a little bit late.

**Griffin:** Sorry we're a little bit late. Rachel's been at the gym for 30 hours.

**Rachel:** [muffled laughter]

**Griffin:** She's so jacked! It's amazing.



**Rachel:** Hmm.

**Griffin:** Crush this coffee can.

**Rachel:** [laughs] Can you do some foley for me on that?

**Griffin:** Yeah, sure. "Ca-runch!"

**Rachel:** [laughs]

[theme music plays]

[chord]

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