

## Wonderful! 337: Stab Doctors

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[theme music, "Money Won't Pay (feat. Augustus)" by Bo En plays]

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

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

**Rachel:** And this is Wonderful!

**Griffin:** Thank you for listening to our award-winning—

**Rachel:** Whoa?

**Griffin:** Our medal—I won't say what place we got in the Olympics.

**Rachel:** Oh, okay?

**Griffin:** It wasn't first...

**Rachel:** It was—

**Griffin:** But we were up there.

**Rachel:** Aluminum foil.

**Griffin:** It was an aluminum foil medal. Technically speaking, we were 314<sup>th</sup> place.

**Rachel:** Okay?

**Griffin:** Which is the aluminum medal, as we all know.

**Rachel:** Okay?

**Griffin:** This is a big show, but I mean, small fish compared to some of the heavyweights in the world. I'm talking about... ocean life jellyfish.

**Rachel:** [chuckles]

**Griffin:** Ocean life jellyfish weekly.

**Rachel:** [chuckles] Weekly? Yeah, wow.

**Griffin:** That one is so huge. Stab doctors, these are—

**Rachel:** Oh, yeah.

**Griffin:** Sort of like—

**Rachel:** Can you believe—

**Griffin:** Murder shows about doctors who stab people.

**Rachel:** On episode seven of Stab Doctors, you found out it was in fact the doctor that did the stabbing.

**Griffin:** Uh-huh.

**Rachel:** I thought a big twist is coming. Nope.

**Griffin:** Yeah.

**Rachel:** Stab doctors, turns out, doctor was the stabber.

**Griffin:** There's upside-down Joe Rogan.

**Rachel:** [chuckles]

**Griffin:** This is just Joe Rogan, but he's upside down. He's upside down. I don't know how they record it.

**Rachel:** 20 minutes in, he passes out. [chuckles]

**Griffin:** He does. There's something about like, he discovered some—it opens some channel in your mind. When you're trying to physically—

**Rachel:** Do I have to be upside down?

**Griffin:** You, it helps.

**Rachel:** Okay.

**Griffin:** It helps you squish out all the Covid from your body, when you're upside down and you're just extremely—the vascularity goes just fuckin' crazy. [titters]

**Rachel:** Yeah, no, vascularity is a word.

**Griffin:** Also, all of his opinions are different when he's upside down.

**Rachel:** Ooh?

**Griffin:** That's why everyone loves upside-down Joe Rogan.

**Rachel:** Okay?

**Griffin:** I don't get. I guess—upside-down Joe Rogan reminds me more of News Radio Joe Rogan.

**Rachel:** [chuckles] Yeah!

**Griffin:** Where it's like, you plucky scamp.

**Rachel:** Or Fear Factor Joe Rogan.

**Griffin:** He had started—the worm had started to churn for me.

**Rachel:** Oh, yeah, okay. Literally, the worm.

**Griffin:** For me, pure, un-cut News Radio, that's the height of everyone's appearances. In my opinion.

**Rachel:** News Radio?

**Griffin:** Hey, I'm gonna definitely talk about that show on this show one day. Quite soon, I bet. Anyway, do you have any small wonders?

**Rachel:** I am going to say... Funland.

**Griffin:** Funland.

**Rachel:** We spent a long weekend at Rehoboth Beach, and we had been told of this boardwalk and it's family-friendly activities. And Funland, a little unassuming from the front. Just looks like a big—

**Griffin:** It's like a bus station that a carnival fell inside.

**Rachel:** It's like painted beige. There's like one sign that says Funland.

**Griffin:** You would not know it is a fun land, if not for the sign.

**Rachel:** And then you walk in, there are rides, there are arcade games, there are like old-school carnival games. Like, it is... it is a real fun land.

**Griffin:** I won the smash a hammer down, make a frog jump in a lily pad game.

**Rachel:** Yeah.

**Griffin:** I don't know what the name of it is, aside from what I've just described.

**Rachel:** Uh-huh.

**Griffin:** And it was the most—I've played that game I feel like a million times. It was at Camden Park, which had these sorts of games. Never got

the—couldn't get the frog to go on the lily pad. It made me so bummed out. But this time I did it, to win a toy for my son. I felt 10 feet tall.

**Rachel:** [titters] Uh-huh.

**Griffin:** What was your favorite thing at Funland?

**Rachel:** Oh my gosh... ah... I mean, I didn't do literally any of the rides, so I can't speak—

**Griffin:** They were so lit.

**Rachel:** To that.

**Griffin:** I did the bumper cars. They were quite—they were—they had some get up and go.

**Rachel:** [titters] Uh-huh.

**Griffin:** They were rowdy bumpers. I was in there with my son, and my like paternal protection—I was a papa bear out there.

**Rachel:** Yeah. I was asking Griffin, because I was very nervous, that Henry would be outraged the second anyone bumped him. And I was like, "What happened?" And Griffin's like, "Oh, no one could catch me." [chuckles]

**Griffin:** Well, no, they caught me, but there's a way of steering into it so that their bump is sort of diminished.

**Rachel:** Mm-hm?

**Griffin:** And then like it—this is a thing I learned in all of school, which is that if you make it less fun to bully you—

**Rachel:** [laughs]

**Griffin:** Eventually, they will sort of find a better target. Like someone who gives them a little—

**Rachel:** So when somebody bumped you, were you like, "I don't even care!"

**Griffin:** No, I would just kind of like turn against it. So they'd just kind of like nudge us and I'd look at 'em like, "Hm. You feel proud of yourself? There's a seven year old boy in here. Fuckin' freak."

**Rachel:** And what was sad, was that it was a seven year old boy that bumped into you.

**Griffin:** That is true.

**Rachel:** But you had drive—

**Griffin:** And he—but he learned a valuable lesson that day.

**Rachel:** That is kind of a fun thing. For whatever reason, the height requirement is such that Griffin had to drive. I don't really know why. Was the pedal—

**Griffin:** But Henry could ride. He was tall enough to ride, not tall enough to drive. Ain't that just the way it goes?

**Rachel:** Was the pedal—

**Griffin:** Quite deep down in there, yeah.

**Rachel:** Okay. What's your small wonder, dude?

**Griffin:** My small wonder, I mean, just as a sort of follow up, the—we watched no Olympics this year. Save for, at this point, just the preliminaries of the breakdancing. Both beat boys and beat girls—

**Rachel:** The qualifying, yeah.

**Griffin:** The qualifiers. And it was fucking great. It was the most fun. There is a—I think it was a very special year for it, because like you were talking about, it's the first year. Something I didn't really think about is that like

maybe this global bar has not been set. Like when people show up to figure skating, the pressure's on and they kind of know kind of like what everybody's going to be bringing to the table.

**Rachel:** Yeah.

**Griffin:** But in this one it seemed like everybody was, one, having an amazing time like dance battling with one another. But also just like bringing a lot of different styles, but also like a lot of different kind of like levels of energy and like athleticism. So you just did not know what you were going to get.

**Rachel:** Yeah, it made me wonder what the process even was for determining who went to the Olympics.

**Griffin:** Yes.

**Rachel:** Because going forward, I have to imagine there's going to be some scouting?

**Griffin:** I know this conversation is happening I think at this point exclusively about Raygun. Whose style I was fucking all about. I was absolutely all about. Give me the level of confidence that Raygun has—

**Rachel:** Yeah, say what you will about the performance. America, and I'd say the world, was captivated. [chuckles]

**Griffin:** Absolutely. But it wasn't just Raygun, there was like—it was all over the map, like the level, the degree. There were people who were doing it who were doing shit I did not know was physically possible.

**Rachel:** Yeah.

**Griffin:** And then there were people who were doing it like not as tight. And it was just wild to see a sport where it was just like... the playing field is quite vast. Like it hasn't sort of bottlenecked.

**Rachel:** Yeah, of course. Well, and that's, again, goes back to like how they picked who's going to be on the team. Because there's no like time trials, you know? It's just scoring on like the performance and the artistry.

**Griffin:** Yes.

**Rachel:** So it's not like you have to run a three minute mile to like qualify, you know?

**Griffin:** Yeah, I mean, I'm not going to profess to know anything about like what the global breakdancing scene looks like. But it seemed to me like this is happening on a stage at a level that it doesn't happen on a lot, or if at all. And it was very neat to kind of just like see all these people like genuinely seem to be delighted by one another's breakdancing.

**Rachel:** I hope that momentum carries. I hope that this week there are meetings at networks across the country about the next reality break dance competition show.

**Griffin:** Jesus Christ, please.

**Rachel:** Because I would watch that.

**Griffin:** Please. I realized watching it, we used to watch *So I Think You Can Dance*.

**Rachel:** *So You Think*—

**Griffin:** [titters] Yeah.

**Rachel:** [chuckles]

**Griffin:** "So, listen, kid. I think you got what it takes to dance."

**Rachel:** [laughs]

**Griffin:** We used to watch it and I like, I love dance.



**Rachel:** Yeah!

**Griffin:** I love to watch dance!

**Rachel:** Yes.

**Griffin:** I never seek it out in a like personal pan setting, in a public, live sense. But watching a TV show where people dance really good? I like that.

**Rachel:** Yeah, and the different styles. I mean, there's a lot there.

**Griffin:** Yeah. What happened to that show? Oh, they made it just about kids, and then we didn't like it as much.

**Rachel:** [laughs]

**Griffin:** Anyway, you go first this week.

**Rachel:** I do.

**Griffin:** What do you have prepared? And do you have enough for the class to share? There are 20 children in this room with us right now.

**Rachel:** I mean, there's a lot of information to share?

**Griffin:** Okay, great.

**Rachel:** I would say that there's enough morsels for everyone.

**Griffin:** Y'all don't know this, but a lot of the time Rachel will just lean over and whisper information to me, not into the microphone. So I get like—  
[spoofs ASMR sounds]

**Rachel:** Yeah.

**Griffin:** That extra—I get my—I'm eating good over here.

**Rachel:** It's a lot of hot gas about the subject and its sordid affairs.

**Griffin:** It's not stuff that Rachel found in research, but it's a lot of like head canon stuff that is pretty juicy.

**Rachel:** Mm-hm.

**Griffin:** Mm-hm.

**Rachel:** All right, my thing this week—

**Griffin:** Yes, what is it?

**Rachel:** And I think you'll enjoy it, because it involves you.

**Griffin:** All right!

**Rachel:** In a complimentary way.

**Griffin:** I do love those.

**Rachel:** It is when your partner takes a good picture of you.

**Griffin:** Yes.

**Rachel:** This is something that has happened twice now—

**Griffin:** In the history of our 13 year relationship—

**Rachel:** No, honestly, you've probably taken more like five or six—  
[chuckles]

**Griffin:** In the history of our 13 year relationship, I've taken five or six flattering photos of you. I feel like I've done it more times than that just on BeReal, which we've been using for—

**Rachel:** No, the ones that motivated me to do this segment are the two from BeReal.

**Griffin:** Okay, cool.

**Rachel:** Because if you look after we've had children, there are not as many photos of me.

**Griffin:** Yes, that's—

**Rachel:** You took a lot of good photos of me on our honeymoon.

**Griffin:** Yes, I did.

**Rachel:** And on our trip to Hong Kong.

**Griffin:** Yeah. And then there was a period of time where maybe we weren't taking—I would say maybe neither of us was taking a particular—

**Rachel:** I think that's the thing about BeReal, right? It has motivated you to take more pictures of me.

**Griffin:** Yeah.

**Rachel:** And then I'm getting the benefits of that, which are good pictures.

**Griffin:** Yes. You're also taking pictures of me that are also extraordinary.

**Rachel:** [chuckles]

**Griffin:** I look so strong in every one of them. And maybe it's just because I'm flexing like really hard.

**Rachel:** Yeah, you have that sense of like, "This pretty lady is taking a picture of me, so my muscles—"

**Griffin:** Yeah, so I like flex it, like to the max.

**Rachel:** It's weird that you looked down at your crotch when you said that.

**Griffin:** I was more looking at my muscles. My crotch is—how did you deduce my eye level was going perfectly to my crotch and not my muscles I was talking about?

**Rachel:** [titters] Anyway, the pictures that I particularly like is one that you just took recently at the beach.

**Griffin:** Oh, yes.

**Rachel:** When I was at a restaurant with you. Whenever I try to take a picture of myself, I do not like it.

**Griffin:** Same.

**Rachel:** And most of the time when somebody takes a posed photo of me, I do not like it.

**Griffin:** No.

**Rachel:** It's the pictures that you take that are just kind of like, "I'm taking a picture right now!"

**Griffin:** Yeah.

**Rachel:** That I feel like I like.

**Griffin:** When you're caught on candid camera.

**Rachel:** Exactly. So I was at the restaurant, you took the picture me. And then the picture at Disney World.

**Griffin:** Yeah.

**Rachel:** That I ended up using as my profile picture.

**Griffin:** You look tough in the one. You look like—

**Rachel:** I look strong?

**Griffin:** You look strong. Like, genuinely bad, like a baddie.

**Rachel:** Yeah, like a real baddie. [titters]

**Griffin:** I think a baddie is like a strong... person.

**Rachel:** Okay. [titters]

**Griffin:** I don't know what it means.

**Rachel:** So, I got curious. Somebody told me what makes a good profile picture.

**Griffin:** Okay? I can't wait to hear this. [snickers]

**Rachel:** So I went to orbitmedia.com, which is where I get all of my news.

[group chuckle]

**Griffin:** Can we—I feel like this segment is way... If we take the listeners inside the bit a little bit, and say that there was a segment that you were going to do, then changed your mind. And now we're doing this one pretty off the cuff. And I'm here for it because I agree with it. It's very, very good. I just didn't—Orbits news is... Tell me more about Orbits news.

**Rachel:** Well, it's not plural, first of all.

**Griffin:** Oh, I was thinking like the gum.

**Rachel:** No.

**Griffin:** Or the travel agency.

**Rachel:** No. Orbit Media has been, quote, "Making the internet better one website at a time since 2001."

**Griffin:** [chuckles]

**Rachel:** And the experts, they call Orbiteers.

**Griffin:** [laughs]

**Rachel:** And they are experts in web design, digital strategy and website optimization.

**Griffin:** So, okay, cool. I mean, they sound like the authority.

**Rachel:** They've got digital strategists—

[group chuckle]

**Griffin:** When did they start doing digital again?

**Rachel:** I mean, so this company has been existing since 2001.

**Griffin:** I mean, that's 23 years. [titters]

**Rachel:** So, what I am citing—[titters] is a blog post.

**Griffin:** [laughs]

**Rachel:** So, your profile picture is key to your personal brand and online networking.

**Griffin:** [laughs]

**Rachel:** Here are nine ways to nail your social media profile picture.

**Griffin:** Okay, so—[laughs] And we're still saying that this is under the guise of the segment, when your partner takes a good picture of you. You're saying the following nine categories are exactly how one rates what is a good partner that your picture—your—what is a good picture that your partner—

**Rachel:** I am saying that there are aspects of this that I feel like can only be captured by your partner.

**Griffin:** By a lover, for sure.

**Rachel:** Mm-hm.

**Griffin:** I agree with you.

**Rachel:** And it speaks to the reason why it's difficult to take a picture of yourself.

**Griffin:** Yeah.

**Rachel:** You know? Because you need somebody else to do some of these things.

**Griffin:** Yeah.

**Rachel:** However, number one is not that. [titters] Number one is show your face. [chuckles]

**Griffin:** [laughs] So, when you're taking a picture of your lover, you show your face. I will say that this is something that I have figured out on my own, when I take my own sort of pictures—

**Rachel:** Is to put your face in it?

**Griffin:** Is that my face is usually like squarely pretty good in it.

**Rachel:** [titters] Are you an avid mountain climber? Great. Put your face in the profile picture and your passion in the background image. The world's most popular website is called Facebook, not silhouette on a mountain—

**Griffin:** Rachel, baby. [laughs] Rachel, this is—did you find this on LexisNexis?

**Rachel:** I don't know what—

**Griffin:** Is this peer reviewed?

[group laugh]

**Rachel:** Is that a new—

**Griffin:** No, I suppose it's never been a qualification, for sure.

**Rachel:** Anyway, you stepped all over my big joke from this website. The world's most popular website is called Facebook, not silhouette on a mountain book.

**Griffin:** [snickers]

**Rachel:** I also recommend against cartoon heads, dogs and babies. Show your face.

**Griffin:** What about a cartoon baby dog head?

**Rachel:** [titters] What would a cartoon baby dog—like, oh, oh—

**Griffin:** My face with Scrappy-Doo.

**Rachel:** Scrappy-Doo!

**Griffin:** Were you trying to think of Scrappy-Doo?

**Rachel:** I was. I was like, Pluto didn't—

**Griffin:** Not a lot of famous baby dogs.

**Rachel:** Pluto didn't have a baby dog.

**Griffin:** Yeah.

**Rachel:** [chuckles] Okay, number two, frame yourself.



**Griffin:** Yeah.

**Rachel:** Some headshots are too close to the camera.

**Griffin:** Lovers, listen. Rule of thirds is not that hard to learn about. I took one photography class in college—

**Rachel:** Hey, you know what?

**Griffin:** And I learned about rule of thirds and was like ready to go.

**Rachel:** I took zero photography classes.

**Griffin:** See? Everyone has a camera in their pockets.

**Rachel:** I didn't—I mean, I kind of knew about rule of thirds, but I didn't know what it was called.

**Griffin:** The number of times that one of my beloved family members has taken a picture of us, and it's just been like a wild almost like Renaissance era painting of just us in the bottom 20%, and then just the sky.

**Rachel:** Yeah.

**Griffin:** Get it together, guys.

**Rachel:** Yeah. Okay, number three, turn up your smile setting.

**Griffin:** How do I do that?

**Rachel:** There are five degrees of open body language. Number one is no smile, which they call the mug shot. Number two, lips closed, which they call 'I'm here.'

**Griffin:** I'm doing these just to practice.

**Rachel:** Mm-hm. Number three, teeth showing is 'hello.'

**Griffin:** That's how animals do it. That's how you know an animal's saying hello, is when they show their teeth at you.

**Rachel:** [chuckles] Number four is open mouth, 'hey there.'

**Griffin:** Aah.

**Rachel:** And number five, the Travis McElroy, is wide open.

**Griffin:** Yeah. That you could throw a whole Fuji apple in there.

**Rachel:** [titters] I did, and still do a lot of times the lips closed, 'I'm here.' Because as soon as I start showing my teeth, it looks strained. I have yet to figure out how to smile with my teeth.

**Griffin:** Yeah.

**Rachel:** And not look like I am like uncomfortable.

**Griffin:** Except for when you're really busting up, like—

**Rachel:** Yeah.

**Griffin:** When you're really-

**Rachel:** But then my eyes disappear and I feel like you've got to have your eyes in there.

**Griffin:** Is that step seven? Don't skip ahead. Is number one—

**Rachel:** Hold on.

**Griffin:** Is one of them you gotta get your eyes in there?

**Rachel:** Four, five, six, seven...

**Griffin:** Don't close your eyes.

**Rachel:** Eight.

**Griffin:** Don't throw your phone.

**Rachel:** Nine. Yeah, no, I—they don't care if your eyes are in there.

**Griffin:** Okay, so like, you're ahead of the—

**Rachel:** So I guess you're right.

**Griffin:** You're ahead of the experts at this point.

**Rachel:** Or I'm too concerned on eyes, because Orbit tells me I don't need to worry about 'em.

**Griffin:** No.

**Rachel:** Number four, use contrasting colors.

**Griffin:** What does that mean?

**Rachel:** Color is a great way to stand out. When colors contrast with the colors around them, they stand out.

**Griffin:** Why do I need to stand out on—why do I need to stand out on my Facebook PFP?

**Rachel:** Well, it's like a lot of headshot photos. You know, they have like a plain background, and then you're just popping out.

**Griffin:** Yeah, I guess so. I don't think that's something I've ever thought about with any of my headshots. Which is probably why I don't get cast in a lot of things.

**Rachel:** I heard a lot—because I was getting a headshot photo taken for my previous job.

**Griffin:** Yeah?

**Rachel:** And I asked my friend what I should do, and she said to wear jewel tones and more lipstick than I usually would. And you know what?

**Griffin:** For your passport photo?

**Rachel:** No, my headshot photo, from my previous job.

**Griffin:** Oh, yes.

**Rachel:** No, passport photos are universally—

**Griffin:** Who are you trying to—

**Rachel:** Terrible. You can't do anything in them.

**Griffin:** You're not supposed to. You're not allowed.

**Rachel:** You're not supposed to smile, for sure. Which is, as we know, number three on this list.

**Griffin:** Turn up that smile.

**Rachel:** [titters] Number five, use a simple background. This goes back to my like headshot—

**Griffin:** Use a simple background, or use the background of my passions? Because my passion is—

**Rachel:** No! Oh—

**Griffin:** Abstract mixed media art.

**Rachel:** I should clarify, so what they were talking about is like the banner photo.

**Griffin:** Oh!

**Rachel:** So like on Facebook, where you do your profile picture, and then you have the little banner thing.

**Griffin:** What if I fuck it up, and I make the profile picture like a little tiny mountain, and then the banner is just my stretched-out ghoulish face, skin-wrapped around the top of my Facebook page?

**Rachel:** Whoa! Number six is something I didn't know about. Test your profile picture with a focus group. You can upload some options to Photofeeler and—

**Griffin:** I won't do that. Thank you. I take pictures of my family. They are not going to Photofeeler.

**Rachel:** No, I mean, this is just for a profile. Again, we're talking about a profile picture.

**Griffin:** My family's in all of my profile. We're the same thing.

**Rachel:** [titters] Photofeeler, which if it's still a thing, I don't know, but for less than \$20 you can get 100 people to vote on your photo.

**Griffin:** Fuck that.

**Rachel:** It's basically Hot or Not.

**Griffin:** Put it on Hot or Not for free!

**Rachel:** [chuckles]

**Griffin:** Don't put it on Hot or Not for free.

**Rachel:** Okay, get a bit of your brand into your photo. This is number seven.

**Griffin:** Yeah. And by brand, it means lover, your—

**Rachel:** Your brand colors, a mini logo.

**Griffin:** [snickers] You keep oscillating in how much effort, how much grease, elbow grease, you're putting behind keeping this associated to having your partner take a good photo of you.

**Rachel:** [laughs]

**Griffin:** And I don't even know if you know you're doing it at this point.

**Rachel:** [chuckles]

**Griffin:** You're in the tall grass, and I'm here with you, and we're holding hands. We're so in love.

**Rachel:** It is possible—[titters] that when I loaded up this site, I didn't scroll to the bottom to see how focused on LinkedIn it gets.

**Griffin:** On LinkedIn it gets? Yeah.

**Rachel:** I just thought, this is what makes a good photo. Maybe this is why my lover is so good at taking—

**Griffin:** At taking your profile pics.

**Rachel:** Number eight—[titters]

**Griffin:** [laughs]

**Rachel:** Use the same headshot on all your professional profiles.

**Griffin:** Unhinged.

**Rachel:** [laughs]

**Griffin:** Unhinged that you're bringing this to the Sharks today.

**Rachel:** [chuckles] And number nine, use a pro photographer. Which I would argue—

**Griffin:** I'm not—but am I using a pro photographer, Rachel? Or am I using my lover in a moment of candid passion? It's me on the rock wall and you're here with me, and we're both having a wonderful day together. I've hired Tyler, he's a professional photographer, to come and snap this profile pic.

**Rachel:** All right, well maybe I should go to splinto.com?

**Griffin:** Head to Splinto.

**Rachel:** [chuckles]

**Griffin:** Just, we'll do some fact checking throughout.

**Rachel:** Oh, don't say cheese. You know what? Ah, gosh, your brother, Justin McElroy, told me, and I think he got this from Riley, that you're supposed to say like 'plums' or something to make your lips happy?

**Griffin:** Plums.

**Rachel:** It like pushes your lips out so you get like a real... real seductive—

**Griffin:** I'm gonna take a picture of myself while saying 'plums.'

**Rachel:** Okay.

**Griffin:** Like a million times. Plums. Did one very, very slow. It doesn't look very good, baby.

**Rachel:** [laughs] Your tongue has really taken center stage there.

**Griffin:** It doesn't look very good, I don't know why—

**Rachel:** [chuckles] This one does talk about posing, which is another thing I struggle with. Which is why candid seems to work better.

**Griffin:** Yeah.

**Rachel:** Keep your back straight, it adds confidence. Try not to squint or stare too much. Explore some different angles in your position. And your hands and arms should be in a relaxed position.

**Griffin:** Naturally, I usually keep them sort of side saddle.

**Rachel:** Mm-hm.

**Griffin:** I want to say—

**Rachel:** Do you know the thing?

**Griffin:** I know what you're getting at. Because I also—

**Rachel:** Wait, can I ask you something—

**Griffin:** Oh, yeah, sure.

**Rachel:** That I'm really curious about? This is something that a lot of women I know do, and I'm not sure if men know about it. Do you know about how to make your arm look more slender in a photo? And why so many people do this in photos?

**Griffin:** I don't do this.

**Rachel:** You put your hand on your hip.

**Griffin:** Oh, that's why you do it?

**Rachel:** Because if it's flat at your side, it kind of like pushes it out, like a pancake. But if you like put your hand on your hip it's like, look at my toned—

**Griffin:** It's easier to show off the tone.

**Rachel:** Look at my toned arm. Anyway, I had the suspicion that you probably didn't know about it.



**Griffin:** I don't. I do—I mean, I do that for photos sometimes, but just not—just because of—

**Rachel:** Because you're sassy?

**Griffin:** I'm sassy and it looks cool. I don't like having photos—pose photos taken of myself. I do it occasionally at conventions, on a somewhat professional basis.

**Rachel:** You've gotten so good at it, though! When I think back to when we were taking our engagement photos and you were so uncomfortable, it seemed like you had forgotten how to smile entirely.

**Griffin:** Yeah.

**Rachel:** And now you can—man, you turn on that megawatt Griffin McElroy grin, and it is impressive to me.

**Griffin:** Yeah, I guess that's true.

**Rachel:** I feel like I always enjoy a pose photo of you.

**Griffin:** Well, thank you, baby. I feel the same way. We've gotten a few head shots done before and I think they're delightful. Not for any kind of professional purposes, except for like—

**Rachel:** [titters] Just a date night.

**Griffin:** When they announced that we're going on the JoCo Cruise next year, they need some pictures of us to use for that. And so that is a—that is a thing we've done in the past. And I do like those. But it's always better homegrown, I think.

**Rachel:** I—if I—

**Griffin:** From the heart.

**Rachel:** Could have you just make it your part time job to take photos of me?

**Griffin:** Absolutely.

**Rachel:** I would—it would be a huge benefit.

**Griffin:** Should I still take photos of other stuff too?

**Rachel:** Our children.

**Griffin:** Yes.

**Rachel:** And that's it.

**Griffin:** But in my defense, you, unlike our children, don't constantly go, "Take a picture of me doing this thing—"

**Rachel:** [titters] That's true.

**Griffin:** "And send it to everyone you know. Send it to—make sure that this photo of me jumping on the trampoline gets on Clint Mcelroy's desk by EOD. Or I'm going—" This is the kids saying this to me.

**Rachel:** Okay, I was gonna say, that would be really weird if I asked you to do that. [chuckles]

**Griffin:** No, I know, that's what I'm saying. I take more pictures of the kids because I am often—

**Rachel:** Told to do so?

**Griffin:** Forced.

**Rachel:** Okay.

**Griffin:** They're small, but they have such a tremendous amount of influence over me. And I hope they don't find that out.

**Rachel:** Well, and I think when most conversations with your children can turn into a battle, it's like, "Oh, this is a thing I can do quickly and then the conversation's over."

**Griffin:** Yeah. For sure.

**Rachel:** It's like when little son tells me to buy something, I realize that I can just put the thing in a shopping cart and he never asks about it again.

**Griffin:** Never does. [titters] So good. Please be careful though, because one day you'll be like, "Time to buy some—"

**Rachel:** I know!

**Griffin:** "Time to buy some sort of wipe." And then it'll be like, "You just spent \$955,000."

**Rachel:** He literally had me put in my shopping cart a balloon inflator. Like a big, blue—or a big, pink like plug in machine to inflate balloons.

**Griffin:** He wanted me to buy sticky balls. I'm starting to think he's trying to build some sort of contraption.

**Rachel:** [titters] What was it? Oh, the other day when we were sitting and he wanted to buy something, or he calls it store something. He said, "I want to store something." And he looked around the room because you were like, "What do you want to store?" And he looked around the room and said, "Water bottle."

**Griffin:** [chuckles] Oh, what a scamp. What an absolute scamp. Hey, can I steal you away?

**Rachel:** Yes.

[theme music plays]

[ad break]

**Griffin:** Do you want to know my thing?

**Rachel:** Yes.

**Griffin:** That I've brought this week. This is going to make me sound like I am a hater, which I am not. But bear with me. My wonderful topic this week is coming home from the beach. Ending your day of beach time.

**Rachel:** Okay, so not necessarily coming home from your trip to the beach, but rather—

**Griffin:** No, coming back from any vacation sucks. But like you've been at the beach, on the sand, in the foamy spray of that—

**Rachel:** And now you have called it a day.

**Griffin:** Now you've called it a day.

**Rachel:** Okay.

**Griffin:** You've packed up the cooler. Just, you know, tucked the umbrella. I don't know what the verb is for an umbrella?

**Rachel:** Closed?

**Griffin:** Closed, I guess, an umbrella, load up the car, gotten back home. And then you get to do all kinds of sweet stuff. That is my favorite part of any beach trip.

**Rachel:** This is very confusing to me.

**Griffin:** There's a lot about being at the beach that I enjoy, right? Like, once you get into the vibe, I think that—you're there with some friends, you're having some brews and soaking in the sun and watching the tide roll in. Boiling some shrimps, nibbling on sponge cake, all that jazz.

**Rachel:** [titters] Bonfire, you know.

**Griffin:** Bonfire. Like, I'm so, so here for that. But it all pales in comparison to the dope stuff you get to do when you end your beach day and get to go home.

**Rachel:** I know we don't traditionally do this, but counterpoint.

**Griffin:** Okay?

**Rachel:** Sand everywhere. Impossible to eliminate sand.

**Griffin:** Now, that's true. That's interesting, though.

**Rachel:** And I really, really dislike sand when I am not in a sand environment.

**Griffin:** Hate it. Hate it. But I would say there is also sand everywhere at beach.

**Rachel:** I know, because it's supposed to be!

**Griffin:** Statistically speaking, there's way less sand at home.

**Rachel:** It is supposed to be there. Sand is supposed to be beach. I'm like, all right, cool, this is part of it. I get home? I don't want sand.

**Griffin:** The process of delousing, of de-sanding, is what I love and what I look forward to. And it's moments that I—it's moments that I cherish.

**Rachel:** You just mean showering?

**Griffin:** Well, it starts there, right? Like you get home from the beach, you've just hauled all your shit through a bunch of sand, which sucks. Pushing a stroller or pulling a stroller through sand sucks so bad. Wheels on sand sucks, I don't know who thought of this.

**Rachel:** [chuckles]

**Griffin:** But you get all your stuff back home. And then if you're in some sort of beachy rental, you get that outdoor shower. That's step one.

**Rachel:** Okay?

**Griffin:** And I don't—this may be the best step, I think, all things considered. I don't usually take cold showers or showers where I am wearing my clothes still. But the amount of work you get done in the outdoor shower, post-beach? When I take a shower on a day-to-day basis, I don't get to watch the stuff come off me.

**Rachel:** Okay, okay.

**Griffin:** And watch it leave—and watch my body go from dirty, cakey mess to pristine.

**Rachel:** All right, you've got me there. Like the same way we like watching videos of things being power washed.

**Griffin:** Absolutely, you are power washing yourself. You have been caked in this abrasive agent and your body has been brined in sea water. Taking a cold outdoor shower and just watching it all just [spoofs water sound] fssh, that is primo stuff. Primo stuff. Then you get to go inside and you just get fuckin' blasted by AC, which is very, very good. Especially if your body is still wet. You're still wearing your wet trunks from being out in the outdoor shower and you get blasted by AC? And that temperature? I'm big into sort of textural experience.

**Rachel:** Uh-huh. [chuckles]

**Griffin:** And I think that you get a lot of those in this entire sort of, you know, going into the air lock process.

**Rachel:** Yeah.

**Griffin:** Then you like, you've schlepped all your stuff in. You're like half dead from exhaustion. You get the main course, which is the post-beach indoor shower. The post-beach outdoor shower, indoor shower. After the

outdoor shower, you get to take a second shower inside that is hot, with hot water and soap and stuff. You don't use soap in an outdoor shower, I think it's bad for the environment and the sewer animals. But inside? The hot—you're looking at me like I am shrieking gibberish at you from the street outside.

**Rachel:** [chuckles]

**Griffin:** I feel so othered by you in this moment, my wife.

**Rachel:** One, you suggested that the drain for the outdoor shower would send the water to a different place than the drain for the indoor shower?

**Griffin:** Yes. [titters]

**Rachel:** Okay, that was what really I think confused me.

**Griffin:** It's special outdoor wastewater. No soap allowed.

**Rachel:** Okay.

**Griffin:** [titters] Sand? Sand and grime and—

**Rachel:** It's like—

**Griffin:** That's okay. No soap allowed in the outdoor shower.

**Rachel:** It's like when you wash your car outside and you put that big tarp underneath. And then you take that big tarp full of soapy car wash water, and you bring it inside—

**Griffin:** [laughs] You dump it down the toilet.

**Rachel:** And you dump it. [chuckles] And then it's fine!

**Griffin:** It's okay, because that goes to the soapy water sewer.

**Rachel:** Uh-huh.

**Griffin:** We're having a good time right now.

**Rachel:** [chortles]

**Griffin:** I have to observe that. But also—

**Rachel:** Is there more?

**Griffin:** Have you ever seen anyone take an outdoor post-beach shower with soap and shampoo?

**Rachel:** I've never seen anyone take an outdoor post-beach shower, period.

**Griffin:** I mean, I'm not talking about an intimate, nude moment. You must know this. In the outdoor shower, it's not a nude moment. You must know this?

**Rachel:** I don't know if I've taken an outdoor shower? When would I have had occasion to do that?

**Griffin:** At the beach, after.

**Rachel:** I've told you about my relationship with the beach, it is very limited.

**Griffin:** It is limited, I suppose. I'm—

**Rachel:** I like the little foot sprayer? I've used that a bunch.

**Griffin:** Imagine that. [chuckles] Like five feet higher.

**Rachel:** Okay. [titters] Okay?

**Griffin:** And then you're there, basically.

**Rachel:** Okay, okay.



**Griffin:** I'm piecing together now the reason why you're so anti going home because of sand, it's because you don't know about outdoor shower. And outdoor shower really, really—you're not bringing in a ton of sand at that point.

**Rachel:** Is your segment outdoor shower? [chuckles]

**Griffin:** No, it's the whole process. It's outdoor shower, AC blast, hot indoor shower. Where you get to use the—and you get to sort of, you—that's more of a moisturization process.

**Rachel:** Uh-huh?

**Griffin:** Because it draws it, wicks it out of you. I don't know what the sea—we didn't get in the ocean too much at Rehoboth, because the waves were 18 feet high and the water was 18 degrees. Your hair gets so matted, right? From the sand.

**Rachel:** [titters] Uh-huh. Yeah.

**Griffin:** And you get to just wash all that out, and you get to just re-moisturize and revitalize, become a person again?

**Rachel:** That is still showering. You know that, right? [chuckles]

**Griffin:** [laughs]

**Rachel:** We are still at two showers and AC.

**Griffin:** But then you get a frosty beverage, you get a post-beach lunch. If you didn't pack it and bring it yourself—

**Rachel:** Oh, okay. All right, all right, all right.

**Griffin:** That's very good.

**Rachel:** All right.

**Griffin:** The best of all time is the post-beach nap. Because everything about being at the beach is exhausting and sucks and makes you feel bad, like makes your body feels super-duper bad. And so when you get home, you feel like you've run a marathon! Especially after your two showers. And your sandwich and your diet coke. And your AC blast. Now you're ready to tuck in for a good two and a half hour long nap.

**Rachel:** You've brought an interesting precedent to Wonderful this week. Because what you are doing is taking individual segments and then putting them into one experience.

**Griffin:** I never do one of these things without doing the other five things, post-beach.

**Rachel:** No, I'm saying you take showers every day. Or every other day.

**Griffin:** I do. But I don't go to the beach every day. I don't get my body—this is what I'm saying. The beach is cool. The beach is great.

**Rachel:** It's just that your segment really has nothing to do with the beach?

**Griffin:** It does! Because you are at the beach and you are getting fucking filthy and you're getting so dried out and so hot and so tired. You are doing something with your day that is purposefully inconveniencing yourself in a million different ways. And I live my life trying to avoid that. I make an exception for beach.

**Rachel:** Yeah.

**Griffin:** I make an exception for beach. And I do it, one, because if I get in the beach vibes and I can sail away, like then I can get into that vibe. But even if I can't, even if I'm not really deeply into the beach, I know what's waiting for me back home.

**Rachel:** [chuckles]

**Griffin:** And it's that I'm gonna get all of this stuff off my body. I'm gonna re-moisturize and revitalize. And then I'm gonna take a two and a half hour

long nap. And then I'm probably not gonna do much else with the day. But I will feel—I will feel like a person. I feel like myself again.

**Rachel:** Mm-hm.

**Griffin:** And I feel like it's that slingshot effect of being the dirtiest, grossest you've been in a long, long, long, long time.

**Rachel:** Yeah.

**Griffin:** Just a squeaky-clean, outside. Cool, refreshing Diet Coke is on the inside.

**Rachel:** Mm-hm.

**Griffin:** You know what I mean?

**Rachel:** Yeah, no, I'm getting it. I'm getting it.

**Griffin:** It feels like you were struggling, I was—I remember when we went to Mexico one year and we were at this like resort, and they upgraded us to a beachside villa. It was like less than a minute's walk from the bed to the ocean. You could be standing in water with a dead sprint in like 15 seconds. And the line, the threshold between beach and the exciting stuff waiting for you after beach, blurred to a point where I was suspended in a state of purest pleasure for like 72 hours.

**Rachel:** This, you see, you're bringing me back to my original—what—I think it's just that when most people go to the beach, the thing they like most is the beach. [titters]

**Griffin:** Yeah. I mean, you're not married to most people. I do not know how you are—

**Rachel:** What you were describing is all very nice.

**Griffin:** Yes.

**Rachel:** I'm not arguing that.

**Griffin:** I'm not defending it. I know it's fucking choice. Time—history is on my side. And you know what? I know that you're on my side too.

**Rachel:** [chuckles]

**Griffin:** I feel like maybe I'm struggling to package this in a way that seems like it fits the nature of this show.

**Rachel:** Yeah.

**Griffin:** But you get—I mean, we're talking about a solid 30 minutes—

**Rachel:** [chuckles]

**Griffin:** Of pampering and refreshing yourself.

**Rachel:** Your Honor, I will have the jury note that he said 'minutes.'

**Griffin:** I messed up, jury.

**Rachel:** [chuckles]

**Griffin:** I'm doing my best out here. Hey, thank you so much for listening to Wonderful. This is a show where we talk about things we like, that's good, we're into. I don't usually say that at the end of the show, but—

**Rachel:** People probably get really distracted by my incredible argument.

**Griffin:** About how my segment wasn't a segment?

**Rachel:** Yeah. [titters]

**Griffin:** Yeah, I guess so? I mean, there's probably a level of—

**Rachel:** They probably forgot that this is a show about things we like, and thought this is a show where people—

**Griffin:** Stand their ground about—

**Rachel:** People create really good arguments against what other people like.

[group chuckle]

**Griffin:** Yes, you were—I would argue, in fact, that you have set a new precedent here on Wonderful—

**Rachel:** [chortles]

**Griffin:** With that level of scrutiny. Thank you 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. Thanks to Maximum Fun for having us on the network. Go to [maximumfun.org](http://maximumfun.org), check out all of the shows that they got there.

We have some merch over at [mcelroymerch.com](http://mcelroymerch.com). We got a Trav Nation pin designed by Riley Woolworth. And a Munch Squad sticker designed by Tyler Reed. And 10% of all proceeds this month will go to World Central Kitchen.

Got some shows coming up for MBMBaM and TAZ in Portland, for Rose City Comic Con. We're going to be in Orlando and Atlanta and Denver and Phoenix and Indianapolis and Milwaukee later this year. If you go to [bit.ly/mcelroytours](http://bit.ly/mcelroytours), you can find tickets and more information.

**Rachel:** Listener submission, question mark?

**Griffin:** Yeah, let's do some. Here's a listener submission from M; "In a large package of Oreos, you can't see all the Oreos, and there are some hidden behind the packaging. I love when you think you've eaten all the Oreos and you reach your fingers behind the packaging and discover one more you didn't realize was there."

**Rachel:** God, that's so good.

**Griffin:** It's really good. I saw this one from M. Listen, folks, they don't gotta be big things.

**Rachel:** No.

**Griffin:** It's better if they're not. It's things that you've never thought of as being delightful before. And that's I feel like what M has unlocked here. Of course that's—

**Rachel:** No.

**Griffin:** Of course that's good. Of course, I've experienced that a million times.

**Rachel:** Kind of brilliant packaging, in a way, because it is a real thrill.

**Griffin:** It is a real thrill every time.

**Rachel:** Yeah.

**Griffin:** I don't even care if it's a little busted up. Sometimes the cookie that lingers, a little bit busted up.

**Rachel:** Well, we talked before about how stale Oreos are in many ways—

**Griffin:** Pretty good, actually.

**Rachel:** Great Oreos.

**Griffin:** You can make them into a delightful cake at that point. Adam says, "My small wonder is limboing under the garage door as it's opening. I'm still young enough I could do it comfortably, and I feel like a shape shifter every time I do it."

**Rachel:** Oh, I wish I could see this!

**Griffin:** That's very, very good. I feel like I have never gone through a fully opened garage door. I don't know if that is an instinct that most people share. But when I see it above—once it reaches chest height, my—like a reptile part of my brain is like, "You can get under that."

**Rachel:** [titters]

**Griffin:** Not fucking limbo style, not backwards. I'd put myself in traction if I did that. But just a little, you know, cool duck, like I'm Indiana Jones.

**Rachel:** I hadn't really missed having a garage until right now.

**Griffin:** Yeah... just because of that maneuver. Dangerous, though! Dangerous. And I Know What You Did Last Summer.

**Rachel:** Oh...

**Griffin:** One of those ladies got killed but good. Tara Reid, maybe?

**Rachel:** Hm...

**Griffin:** Sarah Michelle Gellar?

**Rachel:** Yeah, I think it was Tara Reid.

**Griffin:** This sounds like something Tara Reid would do.

[group chuckle]

**Griffin:** Anyway, thanks for listening to wonderful. We hope you'll join us again next week. If you want to send us more submissions, go to [wonderfulpodcast@gmail.com](mailto:wonderfulpodcast@gmail.com). Don't go there, it's not a web address. But send emails to it with a brief description of what it is you're into. Let M and Adam be your guide, because these were two club bangers. That's it. 'Til next time...

**Rachel:** [titters]

**Griffin:** Aren't you excited for the post-podcast recording shower that you get to take?

**Rachel:** How many showers are you taking?

**Griffin:** Only when I podcast, or beach.

**Rachel:** I mean, you podcast a lot. Sometimes multiple times a day. Do you take a shower after each—like if you do Besties and—

**Griffin:** If I want to be fresh for clubhouse after recording TAZ? Yeah, I'll throw a shower in there.

**Rachel:** Oh...

**Griffin:** But that'll be my first shower of the day. You know what I mean?

**Rachel:** The first of four.

**Griffin:** Well, it depends on how many podcasts I'm doing. Or if I'm going to carve it up on the pipes with Todd.

**Rachel:** [titters]

[theme music, "Money Won't Pay (feat. Augustus)" by Bo En plays]

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