

Wonderful! 342: The Alive Poets Society

Published September 18, 2024

[Listen here on mcelroy.family](https://mcelroy.family)

[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: Welcome to titans of industry, you poets of tomorrow. What's the thing from Dead Poets Society that he says and everyone gets so inspired? Good night, you sweet princes of literature.

Rachel: [chuckles] That's not from Dead Poets Society. That's from Cider House Rules, I think?

Griffin: Shoot, you're right.

Rachel: Yeah. Dead Poets Society, he does say...

Griffin: You titans of industry, you poets of tomorrow. You dead poet—we were the Dead Poets Society the whole time.

Rachel: All along. [laughs]

Griffin: In the end, the real dead poets were the friends we made along the way. I think I saw that movie once. Never saw Cider House Rules.

Rachel: I have, this will not surprise you, watched Dead Poets Society maybe 15 times.

Griffin: Yeah!

Rachel: Love that film.

Griffin: You keep that spirit alive I think in this podcast. This podcast is oftentimes the Alive Poets Society. You do a lot of alive poets on this one.

Rachel: I do.

Griffin: Some dead. But I feel like you prefer the alive ones to the dead ones. Speak on that.

Rachel: [titters] Just so you know, I don't categorize them that way in my mind. Like, oh, we've done seven alive, so I guess it's time for a dead.

Griffin: Time for a dead! People love the deads. They're classic.

Rachel: They are.

Griffin: Do you have any small wonders?

Rachel: I mean, I'm gonna say... whew, what's a way to put a positive spin on the past few days?

Griffin: Oh, boy.

Rachel: Our children...

Griffin: Were sick—

Rachel: Are feeling better.

Griffin: Very bad. Our kids got sick two times in like a three week span. Which sucks shit, man.

Rachel: Yeah! Yeah, yeah, yeah. You know, I always operated under the assumption that you get sick and then you probably won't get sick again for a while, because your body's like built up some immunity.

Griffin: All of your Osmosis Jones are fuckin' ready to party. They're already on high alert.

Rachel: And I know the beginning of the school year brings a lot of kids in close proximity. And they've got a lot of strange germs that you're not used to.

Griffin: Yeah.

Rachel: Anyway, I guess the positive spin I can put on it is that I really like our pediatrician.

Griffin: Yes.

Rachel: We absolutely adored our pediatrician in Austin. And it was maybe one of the saddest things, was leaving him in particular.

Griffin: Yes. We've got a good one now, though.

Rachel: We've got another good one, and it was nice to bring our boys to her and to feel like, okay, somebody's gonna figure this out.

Griffin: A good pediatrician is like... the best wonder. It's a huge wonder.

Rachel: Yeah, I mean, your child spends like over a decade, at least, with this one doctor.

Griffin: I saw my pediatrician well into college.

Rachel: Is that a joke?

Griffin: No.

Rachel: [laughs]

Griffin: No, it's not. I feel like he had another office somewhere that was not the pediatrician's office at Cabell Huntington Hospital. Which I assume is where I always went. But I do remember seeing my pediatrician for a long time after it was, I would say, socially acceptable.

Rachel: [chuckles] He didn't—because I feel like my pediatrician, at one point, had the conversation with my mom like, "You may want to start looking for another one."

Griffin: Huh. Yeah.

Rachel: But that is also because, you know, I would get an annual pelvic exam. Which was not something that he practiced. [titters]

Griffin: Okay. Yeah, that makes sense.

Rachel: So his suggestion was like, "You should probably find somebody else to start doing that."

Griffin: For the pelvic stuff.

Rachel: Yeah, "I don't usually go in there."

Griffin: That's cool.

Rachel: Yeah.

Griffin: I'm gonna say, I watched a movie on this most recent tour I went on, on a plane, at six in the morning. It's called Perfect Days. I don't know who's in it or who made it. [titters] So I hope you're not looking for in-depth film critique or even basic information here. But it was a frickin' chill-ass vibe to keep me company on this airplane for like two hours and five minutes. It's about—

Rachel: Oh, yeah.

Griffin: It's about a Japanese man who is a public toilet cleaner for a sort of public toilet cleaning company. And he just lives a very sort of solitary, ritualistic life where he does kind of the same stuff every day. And it is a very, very quiet movie. There's very little dialog in it. And it just goes over the course of like a week of his life. And you get to watch as this like pattern he establishes is somewhat like disrupted by like—at one point his niece runs away from home and stays with him for a while. So he kind of like shows her

the ropes a little bit. But it's just a beautiful like very vibey, like sort of tone piece. And it really, it moved me to tears at one point. Which I feel like you're very vulnerable on an airplane—

Rachel: On a plane, yeah, no kidding.

Griffin: To that sort of behavior. But it's just about like presence and appreciating life. And it's a truly beautiful, beautiful film that my friend, Chris Plante, recommended to me.

Rachel: For whatever reason, because while you were gone, I watched two movies. It's wild that we don't think of watching movies together.

Griffin: It is, yeah.

Rachel: I guess because we are never typically awake long enough in the evening.

Griffin: True. I watched another movie right after that, which was Tenet, by... by what's his face. The guy who makes all the big movies, whose name I should remember.

Rachel: Christopher Nolan?

Griffin: Christopher Nolan, thank you, babe.

Rachel: Didn't you see it?

Griffin: I've seen it before. I watched Inception on the flight out and watched Tenet on the flight back. I just got the bug. I got the itch. I love those fuckin' flicks, man. I watched Inception and I'd forgotten that movie is literally just two and a half hours explaining how Inception works.

Rachel: [laughs] That's so true.

Griffin: It's just two and a half hours of DiCaprio and Elliot Page just like, "And here's how this inception works. We gotta go deeper into this inception."

"How does that work?"

"I'll explain it at length."

Rachel: The Matrix is kind of like that too, right?

Griffin: The Matrix I think gets through the idea of the Matrix at least halfway through the film. Halfway through the Matrix, you kind of know what's going on. And then the following two films I think are a little bit less like, "And here's all the rules. Gotta follow the rules when you're in the Matrix."

Rachel: One, one, zero, zero.

Griffin: Ones and zeros. I go first this week.

Rachel: Okay.

Griffin: I'm doing something I haven't done before. I want to talk about a video series that I did, not because I'm like... like I think it's the best thing I've ever done or the best thing in the world. I'm like, I'm genuinely pretty uncomfortable with self-promotion all the time. Which is, I would say, a fatal flaw in my sort of entrepreneurial spirit.

Rachel: I have been in endless conversations where Griffin and I are introducing ourselves to people, and he talks remarkably little about what he actually does every day, all day.

Griffin: It's a secret!

Rachel: [titters]

Griffin: But I want to talk about my experience of making it, because it was one of my fondest gaming memories ever. The series is called Peacecraft, which I made at Polygon seven years ago. Which is fucking bonkers.

Rachel: Wow!

Griffin: In Peacecraft, I play World of Warcraft. The big MMO RPG that's been around since like 2004 I think. And I attempt to level up a character while journeying across the whole globe of Warcraft, while not getting in any battles or performing any acts of violence at all, the whole way. Oh, is it B-reel time? Thank you, baby. I've missed the last two days. Let me get my big, nasty feet out of the frame.

Rachel: [chuckles]

Griffin: Yeah, I got you laughing. God, it looks like I'm really delighting my wife in this—

Rachel: [chuckles] Sorry, I mean to—

Griffin: No, it's all good. The premise is that I journey all around the world and don't fight anything the whole time. Which is not really the intended way of playing a game called World of Warcraft. How much about WoW do you know? Because I know that you knew people who played it.

Rachel: No, I didn't.

Griffin: Oh, really?

Rachel: No.

Griffin: Oh, I assumed.

Rachel: I mean, maybe I did, but like not intimately enough to learn anything about it.

Griffin: Okay.

Rachel: Yeah, actually, I have watched like 90% of the series that you have done on the internet. I never watched—

Griffin: Never watched Peacecraft.

Rachel: No, because I just felt like that's not for me. I know nothing about World of Warcraft.

Griffin: I do not blame you. It is—

Rachel: So like anything—

Griffin: I would agree with that observation.

Rachel: Yeah, like anything like clever or remarkable that you would do, I wouldn't appreciate it because all of it would be—

Griffin: You don't know anything about World of Warcraft, right.

Rachel: Yeah.

Griffin: I totally understand that. And that's why I've never suggested that you watch this particular series.

Rachel: [chuckles]

Griffin: I played World of Warcraft when it launched back in 2004. It was a big deal. Me and my brothers and dad and bunch of our friends played EverQuest, which was like this earlier online RPG. But I played it pretty hardcore through like 2010. And after I moved to Austin, I pretty much fell off completely because my life... I don't know. I had so much more stuff to do with my life, and I was busier and happier, and I wasn't really like, I didn't feel great about spending hours and hours and hours and hours on end playing WoW.

Rachel: So you were playing it like when you lived in Chicago?

Griffin: Yes.

Rachel: Oh.

Griffin: I was playing it when I was in Huntington and then in Cincinnati and Chicago, yeah.

Rachel: Wow.

Griffin: And—

Rachel: I'm sorry that I broke you up.

Griffin: From WoW?

Rachel: Yeah.

Griffin: I don't regret it. Here's the thing, it is—I look back on my time with the game very fondly. But I also recognize that I got into unhealthy sort of habits of like, when I would move to Cincinnati or move to Chicago, I was not making much effort to like get out into the city or do new things. And so I—but I played a lot of WoW. Which is fine, like if that's your jam, that's fine. But looking back on it now, like I don't know, I would have probably done things differently.

Rachel: It does really sound like a breakup. Like I was the new WoW.

Griffin: You were the new—that is such a sad way to put it.

Rachel: [laughs]

Griffin: So like since then, like a bunch of different like expansions and versions of the game have come out. And I've tried like dipping into it occasionally, but I always like bounce off pretty fast. Because like, I don't know, I wasn't... it just felt so repetitive to me and I wasn't like really enjoying it. But 2017, I decided to do this series, Peacecraft. Where I would play the game and not fight anything, not do any violence whatsoever.

So I made a little gnome rogue whose name was Randy, with two A's and two Y's. Because Randy regular was taken. And I just spent all of my time kind of like running around the game, trying to go from one point of the map all the way to the other side of the world without getting killed a billion times, which did happen.

And all of a sudden, like the game transformed from being this kind of, for me, somewhat like mindless grinding for loot and experience, and it became this thrilling stealth action game where a single moment of carelessness meant that I would just be obliterated. And I think if that's all the series was, it would have been—I would have enjoyed it still, because it made me see this game that I'd spent a lot of time playing in the past like in this whole new way. But the thing that kind of happened with Peacecraft is that viewers started to find me while I was playing the game.

Rachel: [titters] Yeah.

Griffin: And would sort of begin running alongside me as my own like personal security detail.

Rachel: So were you live streaming this?

Griffin: I wasn't, no.

Rachel: So people just happened to be playing when you were playing?

Griffin: Yes, they could like follow me. There's something on World of Warcraft—

Rachel: Oh, and it would be like Griffin is online.

Griffin: Where you can like follow and it says that Griffin's online. And people—well, Raandyy is online, and then they would come and they would find me.

Rachel: [titters]

Griffin: And it was very much like that one part of Forrest Gump, where he starts running across the country.

Rachel: Yeah!

Griffin: And then like a few people start following him. And then like a whole crowd of people would start following around.

Rachel: Oh, I love that.

Griffin: By the end of the series, which is just 10 episodes, I would have dozens, dozens of players running behind me in just this like mad army. They formed a guild called Randy's Fandies.

Rachel: [laughs]

Griffin: And every time I jumped on the game, I would just have just dozens of other players just like orbiting me constantly. Which allowed us to do really, really stupid shit. Like in one episode, we sieged the capital city of like, the enemy faction of the game, which is just full of like enemies that would just kill you in one shot. But I had this whole army of people like paratrooping me down like into the city.

And one episode we like went to a carnival. And just like Hulkamania would kind of run wild wherever we went, because there would be a lot of people suddenly that would just sort of appear in this one zone. And like this was around the time that I sort of started to really disconnect from social media. And so it was like sort of the most contact that I was getting with people who watched our stuff.

Rachel: Yeah.

Griffin: And it was really, genuinely very touching. Like people sent me in-game mail. And like in WoW, your in-game mailbox can only hold a certain number of messages. And every time I logged onto the game, it would be stuffed full with like people sending me like little like toys or pieces of gear I could use to help me like stay alive as I went along.

Blizzard, the developer of World of Warcraft, actually commemorated Randy and his excellent journey during this in game event that they did, where you would race from one end of the map to the other. And at the beginning and end of the race, there was Randy. They had like my character but as like an NPC, like jumping up and down and cheering for you.

Rachel: Yeah.

Griffin: Which was really neat. But my favorite thing, like my favorite thing about this experience was just playing it. Because for all the time that I spent playing WoW, when I was playing it, you know, back in the early days, like most of it was a pretty solitary experience. I knew a few people who played, but they were like way more hardcore than I was. And they were in these like high-end like raids doing like the hardest content in the game that I like could not—

Rachel: Yeah.

Griffin: I was not that fuckin' deep into it where it was like a part time job for me. And so I played it alone mostly, which is probably why I fell off as hard as I did. Is like, I don't know, that experience just kind of—when you don't have other people playing with you in a game that is intended sort of to be played with other people, it didn't really click for me. Or it didn't stay clicked, I should say.

But doing this and having this huge group of people to kind of like goof off with in this huge world that I used to, I don't know, follow the rules in so carefully, was genuinely some of the most fun I've ever had playing video games. Even if at times it did feel like I had established some sort of cyber cult.

Rachel: [laughs]

Griffin: Because they were definitely some—

Rachel: Literally following you.

Griffin: Some moments where like people were like, "I'll die for you, Randy!" And I was like, okay...

Rachel: [laughs]

Griffin: I went back and watched some episodes because I had forgotten about it. It was seven years ago that I made this series.

Rachel: Yeah.

Griffin: And there's so much genuinely immersive, funny shit that happened. Like somebody made an evil version of Randy that would just like appear behind a tree, just like sort of watching me from time to time. I don't know, it made this big stage that not only I was on, but like everybody who was playing the game with me was on. And we got—we had the chance to do stuff like that at Polygon sometimes. Like when we broke Second Life in that one episode of Monster Factory. But this was like, I don't know, it was this idea sort of really encapsulated. And I really look back on it very, very fondly.

Rachel: Well, now I might check it out!

Griffin: That's Peacecraft. It's weird, I sound different in it. Which I guess makes sense, like, it was seven years ago. I feel like I sound kind of different.

Rachel: Well, your audio quality may have changed—

Griffin: Maybe that's what it is.

Rachel: How your voice comes up.

Griffin: But yeah, I have a lot of fondness for it. I do not know if you would enjoy it. I do not know if anyone who doesn't know about World of Warcraft would enjoy it. Because I think you have to have that understanding of like, wow, he's playing this game the wrongest imaginable way.

Rachel: That's what I'm thinking, right. Like I'm not only like learning how you're doing it, but I'm learning the game at the same time.

Griffin: But by like episode three, that's when people start to find me. Like it starts off like, man, I'm doing this weird thing. And then by episode three, people start to find me. And then by episode six, it's like... At one point, I had to make a new character because too many people were finding me. So I kind of ran around as this new guy with a new name for a while, who people weren't following. So, yeah, it's great.

Rachel: That's delightful.

Griffin: It's very neat. Can I steal you away?

Rachel: Yes.

Griffin: Thank you.

[ad break]

Rachel: My topic this week...

Griffin: Yes?

Rachel: Is lifting, bro.

Griffin: Oh my god. You dog.

Rachel: [laughs]

Griffin: Lifting, bro.

Rachel: Do you lift, bro?

Griffin: Bro, I curl.

[group chuckle]

Griffin: I don't know if that counts. We've been talking, Rachel got me a set of hand weights that I—

Rachel: Specifically because he asked, not because I was like trying to—

Griffin: No, she wasn't shitty about it. I asked for hand weights. And you got 'em for me for like... I forget what the occasion was, Father's Day maybe. And I've been using them for like—trying to do it like every day I'm at home, for a month. Like a few... a few sets!

Rachel: [titters]

Griffin: 12 reps a day! But I just do like some bicep curls. And, man, it's gotten to the point where I like it. I never, for all the times I ever tried to like get into exercising, I only ever did cardio.

Rachel: Yeah.

Griffin: And it's, I feel like I was really missing out, man. Because just doing some—lifting some hand weights feels pretty good, actually.

Rachel: I think—I've been trying to figure out what I like about it. Because I don't... I don't know, it's not anything that I've ever really done before. I think it is because I've been going to the gym now for like a year and a half.

Griffin: Yeah.

Rachel: And it is very difficult for me to see how I am improved cardiovascularly. Like, I don't think I'm necessarily any better at running than I was a year and a half ago. But when you—

Griffin: Lift, yeah.

Rachel: When you lift weights, you can quantify very easily the value. And like—

Griffin: And it's awesome. I just stepped it up from—five pounds up from my previous weight that I was curling on each hand. And it feels like cool, like, oh, wow, I can—I got five pounds per arm stronger. That's nice.

Rachel: Yeah. Like you pick up a weight that you used to pick up and then you think, oh, maybe I'll try this other one. And then you realize my body is actually stronger.

Griffin: Yeah, that's cool!

Rachel: [chuckles] It's very nice.

Griffin: I feel like so many people game you were telling me about like some task app, like to-do list app.

Rachel: Oh, yeah.

Griffin: That is like very gamified, very much like—but it is very much that idea of like the kinds of RPGs I get into that are like, you've got to get your strength a few points higher so you can hit this boss a little bit harder. Being able to look at the number on the weights and be like, oh, hell yeah. That number went up. That's very, very satisfying in the reptilian part of my brain.

Rachel: The other thing that I think has helped, like the gym I go to offers classes.

Griffin: Yes.

Rachel: So it's not like I have a personal trainer, but like there is somebody walking around teaching the class. And you can really be thoughtful about like your form.

Griffin: Yes.

Rachel: So you're not hurting yourself.

Griffin: No.

Rachel: Because that is the other thing about lifting weights. There are so many ways you can hurt yourself.

Griffin: Sure.

Rachel: And I feel like I really learned how to like protect my back and—

Griffin: And protect ya neck.

Rachel: [chuckles]

Griffin: It's important.

Rachel: Yeah.

Griffin: The neck.

Rachel: The neck and the back.

Griffin: We don't have to go—

Rachel: [laughs]

Griffin: Down the anatomy.

Rachel: And I knew part of this gym thing for me is that I am a woman over 40. And I can't really depend on my youth to just carry me anymore.

Griffin: Sure.

Rachel: You know, like those times in your life where you kind of do whatever you want and bounce back quickly.

Griffin: Sure.

Rachel: Like I'm not really in that space anymore.

Griffin: And our kids are...

Rachel: Exhausting. [chuckles]

Griffin: Well, they're exhausting, but they are also like moderately sized like sacks of potatoes. They're like Costco bags of rice. And that's—

Rachel: [chuckles] Yeah.

Griffin: And so like you can pick 'em up, but to carry them any kind of distance kind of sucks now.

Rachel: Yeah.

Griffin: They're not little guys no more.

Rachel: Yeah, for sure. I mean, that was a big part of it, too. But I also had this real feeling, and it's true, like the longer you wait, the harder it is to like get in there.

Griffin: Sure.

Rachel: As you get older, you start losing muscle mass. It's why like so many older adults like fall and hurt themselves or become less mobile, is because like your muscle starts to diminish. And then it's really difficult to start like a new gym habit.

Griffin: A new muscle—yeah, sure.

Rachel: Yeah. So I felt like I gotta get in there now and start doing it. And you know, and I think when you're younger too, you're really focused on running. Because like that's the thing that you think of about getting healthy.

Griffin: Right.

Rachel: Like you think like, oh, if I want to get healthy, I guess I'll run a marathon. Because that seems like that's what people do.

Griffin: And if that's your journey—

Rachel: Yeah.

Griffin: Beautiful.

Rachel: But like if you're like me, I've kind of always hated running.

Griffin: Sucks the moon out of the sky.

Rachel: And even when I get better at it, like I still don't really enjoy it.

Griffin: No.

Rachel: And I think I always felt kind of bad about that. But then like lifting heavy stuff is like, I don't know.

Griffin: It's faster.

Rachel: Yeah.

Griffin: It's faster than running around for an hour.

Rachel: And you don't actually have to do it for a very long time. So I did some research.

Griffin: Yeah.

Rachel: On lifting.

Griffin: Yeah.

Rachel: Bro.

Griffin: For this? Or just to sort of, were you trying to like enhance your vascularity?

Rachel: [chuckles]

Griffin: Which, by the way, is pretty good, babe.

Rachel: I'm so vascular.

Griffin: Your vascularity lately is really popping out.

Rachel: [laughs] No, I was curious—

Griffin: You look like Bane. But like Bane from the old Batman movies, not like Tom Hardy Bane.

Rachel: Who was old Bane?

Griffin: I don't know who played him. He wore a mask the whole time. It may have been—

Rachel: I mean, didn't he kind of wear a mask in the new one too?

Griffin: Yeah, but it was Tom Hardy. [guffaws] That one I know because it sounded and looked kind of like Tom Hardy.

Rachel: What Batman property had old Bane?

Griffin: Freakin' I think it was Batman and Robin, or Batman Forever. It was one of those two. It was the one with Poison Ivy in it, I believe. And Mr. Freeze. I think Bane was also up in there.

Rachel: Wow, that's a busy one, huh?

Griffin: He was a big fella! Yeah, they used to really just stuff 'em.

Rachel: [laughs] Okay, so I found an article from the Harvard School of Public Health 2022, that was citing another study. [chuckles] That found that just 30 to 60 minutes a week of strength training may be enough. Those who worked out for this duration had a 10 to 20% lower risk of dying during the study period from all causes. From cancer, heart disease, specifically. Compared to those who did no strength training. The benefits plateaued after one hour and decreased after two hours.

Griffin: Oh, so if you crank too much—

Rachel: So like, yeah.

Griffin: That's interesting.

Rachel: Yeah. So yeah, so it's just a twice a week thing. Like basically if you want to get kind of the health benefits from it, you can kind of limit yourself to that. Which I love to hear, man.

Griffin: Yeah, for sure, dude.

Rachel: I have in the past done maybe four workouts a week. I ultimately end up hurting something.

Griffin: Yeah.

Rachel: Like I put too much stress on a particular thing, and then I keep going. And then you have to rest and... and yeah. So I've realized like you know what? Like, if you're getting benefits from two, why would you do more?

Griffin: I remember I got sage sort of advice. I don't even know if he realized he was giving it to me. From Stuart Wellington, from The Flop House, who has been on his own sort of fitness journey.

Rachel: Yeah.

Griffin: And is quite swole. And I was talking to him about, you know, a personal trainer at gym, like what his thing was. And he was like, "Yeah, I mostly do strength now. Because I get super bored just doing like a long, long, long block of cardio a few time." Like just running or riding a bike for a long time is pretty boring.

Rachel: Yeah.

Griffin: But strength, like you just, it's really short bursts and you can do like a bunch of different little stuff.

Rachel: Yeah.

Griffin: Which I also, I'm right there, yeah.

Rachel: Well, and so that's the other thing I saw. Is that these 30 minute strength workouts should focus on all your muscle groups. So like if you just—

Griffin: Interesting.

Rachel: Do like one exercise for 30 minutes, that's not gonna give you all the benefits.

Griffin: Okay. Well then I gotta get some more machines in here, huh?

Rachel: [chuckles]

Griffin: Gonna get one of those ones you fuckin' like lay down on your back and you push it up with your legs.

Rachel: Whoa!

Griffin: So the coach will put you back in, in center.

Rachel: [chuckles]

Griffin: Nose guard.

Rachel: Nose guard?

Griffin: I think that's what they're called?

Rachel: Is that one?

Griffin: Nose tackle.

Rachel: Is that a thing?

Griffin: Nose tackle I think is a position in football.

Rachel: Okay.

Griffin: I think they stand in front of the quarterback man.

Rachel: Yeah, so as I was saying earlier, research shows that between the ages of 30 and 50, you'll likely lose 10% of your body's muscle.

Griffin: Fat chance!

Rachel: [laughs]

Griffin: Not with how much I'm cranking it with these two dumbbells.

Rachel: [chuckles] I'm a little frustrated that you keep using the phrase cranking it. I feel like—

Griffin: Listen.

Rachel: That's not appropriate.

Griffin: Okay, but what is more descriptive? Like what does crank it sound more like, the act of self-pleasure, which I think you are so crudely referring to.

Rachel: [laughs]

Griffin: Or like taking the knob of your body and turning it—again, that sounds like I'm talking about—

Rachel: [chortles] Yeah! If you had to ask me what the knob of your body is, I don't—

Griffin: No, I knew as soon as I said it.

Rachel: Yeah.

Griffin: Okay.

Rachel: Well, I argue maybe there does need to be another phrase that satisfies that same—

Griffin: There's only like two words to describe masturbation—

Rachel: This is why people say lifting bro.

Griffin: Oh, lift—oh, okay.

Rachel: People say lifting I think, because—

Griffin: Yeah, okay lift.

Rachel: Yeah.

Griffin: But I don't. I curl. I crank!

[group laugh]

Rachel: The other thing I read is that weightlifting is also good for your bones.

Griffin: Oh?

Rachel: So when you perform a curl, for example—

Griffin: Right.

Rachel: Your muscles tug on the bones. And the cells within those bones react by creating new bone cells, which helps with your bone density.

Griffin: Okay.

Rachel: Which is a real issue, particularly for women as they get older. And also that bone density is the kind of thing that helps you not like break your hip or you leg.

Griffin: Yeah, sure.

Rachel: Or whatever.

Griffin: So I should call it tugging then?

Rachel: What are we calling tugging?

Griffin: Lifting. Because it's tugging on your bone, like your bones are getting tugged.

Rachel: Why isn't lifting enough for you?

Griffin: I don't know...

Rachel: [titters]

Griffin: Because I set it down too.

Rachel: [titters]

Griffin: You know what I mean? It'd be different if you picked up the weight and you put it on a shelf every time. And then someone else would come along behind you to put it back down on the floor.

Rachel: [chuckles] Do you even lift and sit down, bro?

Griffin: Do you—[laughs] do you lift and lower?

Rachel: [laughs]

Griffin: Bro! If you're only lifting and not lowering, you're missing out on half the workout.

Rachel: You see this poor guy at the gym who's just got—just carrying dumbbells around in every possible exchange. He's in the bathroom with the dumbbells.

Griffin: "Somebody take these from me!"

Rachel: [laughs] Yeah, so it's just, it's about consistency. It's about, like I said, like twice a week, 30 minutes.

Griffin: It's about drive, it's about power.

[group laugh]

Rachel: I think Griffin and I are having some fun. Because neither of us has ever really considered ourselves to be—

Griffin: It's such a weird, new—

Rachel: A fitness person.

Griffin: And I still don't. But I no longer consider myself a person who that world is... like I'm cut off from. Like that's not possible.

Rachel: Yeah, nobody—like when I walked into the gym, nobody said, "Well, you certainly can't be here."

Griffin: [chuckles] Yeah, you—what are you—what's wrong with you?

Rachel: [chuckles]

Griffin: I half expected my first workout there, when I went to the coach and I was like, "Hey, I need to be sick in a trash can." And he was like, "Okay, then you need to slow down. You need to go gentler."

Rachel: [laughs]

Griffin: I thought at the end he would be like, "How was your first session?"
"Great."
"This isn't for you."

Rachel: [laughs] Yeah. "We've seen a lot of people come in here, and let's just say you are not going to come in here again."

Griffin: "We have what we call sports boys, and we have what we call computer boys. And I think that you might be one of the latter. Here's a flyer for—"

Rachel: [chuckles] A computer.

Griffin: "A local computer that you can use at the library."

Rachel: Yeah, I think there was, and I'm gonna have to thank this gentleman that I worked with in 2009. But he was a fitness person in college, like actual weightlifter.

Griffin: Yeah.

Rachel: And at the time, I was taking a rock-climbing class. And he stood next to me, and my arms had gotten really strong. And he was like, "You could probably bulk up if you wanted to." And at the time, it was a weird thing to hear.

Griffin: Sure.

Rachel: He was a friend, it wasn't like a stranger. But it really got in my head, like there's nothing stopping me, man.

Griffin: No. And you have, I mean, you've bulked up, baby.

Rachel: I'm pretty strong.

Griffin: You're pretty strong now.

Rachel: And what's great is that I have spread this message on to our children. And so now both of our boys refer to me as very strong.

Griffin: That's true.

Rachel: And talk about how strong I am. And I really like hearing that.

Griffin: I don't—that's—I'm funny.

Rachel: [laughs]

Griffin: Henry always talks about I'm funny and he loves to play games with me. And he loves, like he tells me he loves me every like 30 seconds.

Rachel: Yeah.

Griffin: But I don't get a lot of you're pretty—actually, Gus tells me I'm pretty strong. When I pick his bike up to carry it down the stairs.

Rachel: Oh, that's nice.

Griffin: I do get that from him.

Rachel: Well, and Henry talks about how tall you are.

Griffin: That's true. But I'm pretty average, I'm 5'10".

Rachel: But it is bigger than him.

Griffin: Yes. Yeah, he's a seven year old boy.

Rachel: [chuckles]

Griffin: We got some stuff from our friends at home. Snail says, "My small wonder is that at work, there's two types of soap at the sink, and I can choose between the blue and the pink soap depending on my mood. Maybe someday I'll get spicy and make some purple soap, just to see what happens." What if it sets off this like chemical reaction? It makes like elephant toothpaste and just blasts off.

Rachel: [titters] Or this door opens in the bathroom like—

Griffin: Yeah, Morpheus steps out.

Rachel: Like, "Come on in."

Griffin: "You've solved the puzzle." Why is there two different types of soap though? Is it possible one is hand sanitizer and one is soap? Because I do think that happens.

Rachel: Well, I was picturing like a bar situation, but they probably don't do that.

Griffin: No, not at work.

Rachel: Yeah, I don't know. It's not unusual in like a nicer building to have an assortment of body products.

Griffin: Yes.

Rachel: In the bathroom available to you. So maybe that's what's happening here?

Griffin: Yeah. Eve says, "My wonderful thing is a tasting, sometimes referred to as a sampler, platter or flight, depending on the food or beverage. Whether it's beer, wine, pickles, pizza, honey, et cetera. I love getting to try a variety of one thing to compare and find my favorite."

Rachel: Yes. We used to do this a lot. Like there were unsurprisingly perhaps a lot of breweries in Austin.

Griffin: Yeah.

Rachel: And the flight was a real go to for us.

Griffin: I will still go for it every time.

Rachel: Yeah.

Griffin: Mostly because I love drinking tiny little cups of beer.

Rachel: [laughs]

Griffin: Talked about this a lot. I love drinking a tiny little—bloop!

Rachel: I would love it if next time you ordered a beer at a restaurant, you say, "Can you bring it to me in three tiny cups?" [chuckles]

Griffin: I mean, it's like the Germans do. That was my favorite thing when I visited Cologne. They brought me a beer and I was like, "Excuse me, there's been a terrible mistake."

Rachel: [chuckles]

Griffin: This is like a tiny, tiny, tiny amount of beer. And then my boss at the time was like, "No, no, no, you drink 15 of them." And I was like, "Oh! Okay." And then it made sense. I could really dial it—

Rachel: That is really nice for me.

Griffin: You don't get like that gross—I've never finished a can of beer that the bottom—

Rachel: Yeah, same.

Griffin: 20% was like totally gnarly.

Rachel: Same. Like you just kind of want to get rid of it.

Griffin: But if you drink just like, I think it's like 0.2 liters. It's like a little tiny tube. Yeah, down, good. Thank you so much for listening. Thanks to Bo En and Augustus for the use for our theme song, Money Won't Pay. You can find a link to that in the episode description. And thank you to Maximum Fun for having us on the network. Go to maximumfun.org, check out all the great shows that they got over there. We got some live shows coming up. We're going to be in Atlanta and Orlando doing MBMBaM later this weekend, as you are hearing this.

Rachel: Yeah.

Griffin: And I think there's still some tickets available? They are very close to selling out though, which is very exciting. And then we have some more

shows coming up later this year. We're going to be in Phoenix and Denver and Indianapolis and a couple other places. So go to bit.ly/mcelroytours. You can find links to get tickets and all the information. Also, we got some new merch over at mcelroymerch.com. There's a Munch Squad apron that is pretty delightful. There's a Grill Master of the Forbidden Meats from TAZ Dadlands apron that is also very good. That is all over at mcelroymerch.com. Anything else?

Rachel: Not that I can think of.

Griffin: All right. I do appreciate how much thought you put into it.

Rachel: I really did! I was like, okay, so, it's September.

Griffin: Yeah.

Rachel: The next month is October...

Griffin: Yeah.

Rachel: But October still feels kind of far away.

Griffin: Doesn't it, though?

Rachel: [chuckles]

Griffin: Anyway, we gotta go slop down some whey cakes and do some our mirroring weight lifting that we do.

Rachel: [chuckles]

Griffin: We put our hands up and we just push into each other real hard. It's strong. It's strengthening. It's erotic.

Rachel: Oh?

Griffin: Is it not erotic for you?

Rachel: I guess we—

Griffin: Never—just kidding. Ha-ha-ha! Thanks for listening, bye!

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

Maximum Fun.

A work-owned network...

Of artists-owned shows...

Supported directly by you.