

EPISODE 10: "MOUNT SUBSTANTIAL" (PART ONE)

Caroline: Guess what I bought, everyone! (Reaches out of her shopping bag) Donuts! That's right. I stopped at the Krispy Kreme on my way back from yoga class.

Penny: Nice!

Gary: Splendid!

Caroline: Now, there are four donuts. We'll each get one. You want them now?

Gary: Yep.

Penny: Of course.

Bob: Yeah, I guess so.

Caroline: What's wrong, honey? I thought you would be the most excited of all.

Bob: I just...don't feel like a donut today. I'm not in the mood.

Gary: Dad rejecting donuts? I must be dreaming. Pinch me, Penny!

(Penny pinches him)

Gary: Oww! Not that hard. Well, I guess more for me.

Penny: Hey, I want it too! I know, let's settle this like men and do a game of rock paper scissors.

Gary: Alright!

Gary and Penny: Rock paper scissors, shoot!

(Penny wins)

Gary: Best of three!

Gary and Penny: Rock paper scissors, shoot!

(Penny wins again)

Penny: Alright, I win.

Gary: Hey, that was just two rounds.

Penny: That's how best of three works. You can't win anymore.

Gary: I don't like this.

Caroline: I know - why don't you just split it?

Gary: YESSS!

Penny: Fine.

(They split the donut. Unfortunately, since it is a jelly donut, the jam gets all over the place)

Penny: Wow, it's messy.

Gary: Nooo! My shirt!

Penny: Haha - (some of her donut falls and Pippi gets it) Dang it!

Bob: Aw. I wish I had a donut.

Caroline: Bob, you could have gotten one! I was trying to save one just for you, but you rejected it!

Bob: That's true, I guess. (walks away sulkily)

(The next day)

Caroline: Hey, everyone! Guess what I got! (Opens up a pizza box)
Deep-dish cheese crust pizza!

Gary: Cool! Thank you!

Penny: Why are you treating us so much, Mom?

Caroline: (whispers) It's a sting operation.

Bob: That's a nice gesture, but I'm not feeling it. I think I'll just make salmon and broccoli for myself.

Penny: Dad, what's wrong with you?

Gary: Maybe this time it's a dream. Someone pinch me!

(Penny pokes him)

Gary: Ow! What was that?

Penny: A Christmas tree needle.

Caroline: That's it, Bob! You need to tell us what is going on! I'm worried about you.

Bob: Why are you worried about me? Isn't it good I'm working on my discipline?

Caroline: Yeah, but you only care about discipline when you're depressed. So what's wrong?

Bob: Well, Dr. Gordenson said my obesity might become an issue if I keep eating junk food. Heck, he said I might get type two... So I'm rejecting sweets and salty stuff at every given opportunity. It's my only chance to lose weight.

Caroline: Well, eating healthier is good, but you can still sometimes treat yourself, especially because I went out of my way to buy stuff you liked. Besides, that's not the only way to lose weight. You could also exercise.

Bob: But Caroline, I have asthma, remember?

Caroline: Uh Bob, you don't have asthma. Remember the time the ice cream place was closing in five minutes and you ran like three blocks to get there? That would be really hard for someone with asthma.

Penny: Dad, I have an idea. You're always wanting to be more normal. You know the biggest difference between you and the average American male? You don't play sports.

Bob: Ooh, you're right.

Gary: Dad, I have an idea. Why don't we go to the park and we could try out some different sports? I could take you "sport-hunting." Not to be confused with the sport of hunting, which we will definitely not be doing.

Bob: Alright, that sounds good.

(Gary and Bob are seen coming out of a store called "WILLIE'S SPORTING GOODS")

Gary: Alright, we bought basketballs, soccer balls and tennis rackets. Let's find something that works for you.

(First they play basketball. Gary is dribbling while Bob is blocking him from shooting)

Gary: Nice defense, Dad! I haven't scored a single point yet! But you

haven't either. You should try stealing and making a shot.

Bob: I don't want to steal! I'm squeamish!

Gary: Fine, I'll give it to you so you can try making a shot. (Passes it to Bob and it bounces off his belly)

Bob: Haha! That tickled! Now let's see if Kobe Bob can shoot a hoop. (He backs up really far)

Gary: Dad, maybe don't start by trying to make a three-pointer?

Bob: But that's what the pros do!

Gary: We're not trying to make you a pro, we're just trying to make exercise fun for you!

Bob: Alright, fine, I'll stand real close. (Throws the ball and still misses) Let me try again. (Fade out and back in. Documentary style text that says "10 tries later") Shoot! I still missed!

Gary: Uh, Dad, that was your tenth attempt. We've been playing for an hour. I don't think is the sport for you. Why don't we try some soccer?

Bob: (throws the soccer ball into the net) SCORE! Booyah!

Gary: Uh, Dad, you kick the ball in this game.

Bob: Oh yeah. I haven't watched much soccer. I'm not that into European stuff. But I'll give it a go. (Kicks the ball and slips, falling on his front) Shoot! I got a grass stain.

Gary: Alright, let's move on to tennis.

(They go on the tennis court. It's gotten late, so they are playing on a lit court)

Bob: Now THIS is cool!

Gary: Yeah, lit courts are awesome. I'll serve.

(Gary starts serving at Bob but he is moving back and forth without even really trying. He seems to be distracted by the lights)

Gary: Dad, get your head in the game!

Bob: I'll try!

(Gary serves another ball and it hits Bob near the crotch)

Bob: Hey! I'm callin' foul! This game is over! I guess I'm just not built for sports. (Discouraged, throws his tennis racket on the ground)

Gary: Come on, Dad, let's go. We can watch some King Of The Hill, that always cheers you up.

Bob: Yeah, but I don't want to be a couch potato no more!

Gary: Hey, it's a long walk back to the car. Walking is exercise too, you know.

Bob: (in his head) Walking is exercise...walking is exercise...EUREKA! I'm going to start walking! Every day I will walk!

Gary: Well, if that works for you, it sounds like a great plan.

(The next day)

Caroline: Oh, you're on your lunch break. Want to eat together?

Bob: Nope. I'm headed off on my walk. I decided that's what works for me.

Caroline: I'm glad! Well, enjoy your walk!

(Montage of Bob walking through suburbs and then on trails)

Bob: YEAH! According to my fitbit, I walked 20 miles this week!

Gary: Way to go!

Penny: Nice work, Dad!

Caroline: I'm so proud of you, honey!

Bob: I have a neat idea for this weekend, you guys want to hear it?

Caroline: Sure.

Bob: I think we should all do a hike on Mount Substantial!

Caroline: Wow, that's a pretty big jump from where you were walking Pippi around the block just a week ago.

Bob: Yeah, but I think I'm up to it. Are you guys up to it?

Caroline: If you are, then sure.

Gary: Yeah!

Penny: I'll do it!

(Bob is talking to John outside)

Bob: Hey John, can you guess what my plans for this weekend are?

John: Reality show marathon?

Bob: Nope. Me and the family are going to do a hike on Mount Substantial. We might even get to the top!

John: Wow, that sounds like an awesome plan! Can my family come with you?

Bob: Certainly, my good man!

John: Well, let me go check with them.

(John goes in and comes right out)

Bob: What do they think of the idea?

John: Uh, you would have thought it was Christmas morning.

Bob: Nice! Sounds like it's on.

John: Yup. Dan's going to stay home to man both our houses.

Bob: Sounds good!

(The next day)

Bob: Alright, everyone! Ready for our big trip?

Caroline: Yeah, but it'll take all day so we should be prepared. I'll pack food. Penny, you pack spare clothes. Gary, you pack a map for if we lose service at any point. Bob, you pack flashlights.

Everyone: Got it!

Bob: I could use some Mountain Dew to hype me up. (Pours himself some Mountain Dew)

Caroline: Alright, is everyone packed?

Penny: Yep.

Gary: Yupamundo.

Bob: What was I supposed to pack again? I forgot. Oh wait, I think it was Mountain Dew for if we need an energy boost. (Puts some Mountain Dews in a bag) I've done my part!

(Everyone is in the car)

Bob: Alright, we'll meet the Smiths in the parking lot there. Caroline, you drive. I don't like driving in nature because I'm scared of hitting a deer.

Caroline: Okay.

Bob: Let's play some nature music! (Puts on "I Wanna Dance With Somebody" by Whitney Houston) There we go!

Penny: Dad, why are you playing this?

Bob: Because it reminds me of watching leaves float on a tranquil river.

(They reach the parking lot)

Bob: There's John and Marcy and the wife!

Caroline: (exasperated) Melody.

(They park)

John: Hey, everyone!

Marcy: Hi, guys!

Melody: Welcome to Mount Substantial!

Marcy: What got you into hiking?

Bob: Well, I was looking for ways to avoid getting type 2 diabetes.

John: (chuckles awkwardly) Well, this will certainly help you with that.

Marcy: We were thinking of hiking all the way to the top, does that sound good?

Bob: Yes, that was actually our plan as well!

Gary: It was?

Bob: Well, that's what I had been thinking.

Penny: I think maybe that's a little ambitious. Perhaps we should reconsider.

Bob: Trust me, this will be good.

John: Yeah, I agree with Bob, this will be good. You'll hit an adrenaline, a natural high, when you get going!

Gary: (shrugs) Alright. Let's do it!
(Gary, Marcy and Penny start walking)

Penny: Hey, guys, you want to do a scavenger hunt?

Gary: Sure!

Marcy: Definitely!

Penny: I printed one out before we left. Here you go. (Hands one to both of them)

Gary: Deer. I see deer!

Penny: Awww, cute!

Marcy: You want a picture with them? I brought a camera. Not just a phone, a camera. (Annoyed that no one says anything immediately)
"Wow, Marcy, a real camera, that's so cool!" Gary, you wanna be in it too?

Gary: Absotively!

(Gary and Penny smile at the camera in front of the deer)

Marcy: Alright, say your three favorite types of cheese!

Gary: Cheddar, swiss, brie!

Penny: Mozzarella, ricotta, gouda!

Marcy: (snaps a picture) This will go in my nature scrapbook. I'll rip the page out later so you can have it.

(Meanwhile)

Caroline: I ought to do this more often. It's such a nice escape. You know, to just be in nature. (Hippie voice) Let it all hang out, man.

Melody: Yeah, it's a great escape. The woods are my favorite place to chill. It helps wonderfully with the stresses of parenting a 16 year old girl.

Caroline: Yeah, it also helps with the stresses of parenting a 14 year old girl who's neurotic.

Melody: Glad you feel that way.

(Also meanwhile)

Bob: I've lived for a while, and this is one of the most fun things I've done.

John: You know WHY this feels so good?

Bob: Nah not really. I'm not the kind of guy who questions things.

John: Well, I'll tell you anyway. You see, we all have an inner monkey. There's a monkey inside us all.

Bob: I've always wanted a monkey. Glad to know I already have one.
(laughs)

John: Almost everything we want to do is because of our inner monkey.

Bob: Do we get hungry because of our inner monkey?

John: Yes.

Bob: Do we get tired because of our inner monkey?

John: Yep.

Bob: Do we...like women because of our inner monkey?

John: (chuckles awkwardly) Well, yes.

Bob: Sounds like a pretty important concept. Tell me more.

John: Well, our inner monkey is also the reason we like to move around and spend time in nature.

Bob: Interesting.

John: Studies have shown that the happiest people in the world tend

to be pretty in touch with their inner monkey. By doing these hikes I really think you've found a good path. I'm proud of you, brother.

Bob: Thanks.

(Back with the kids)

Marcy: Hey Penny! I found another thing on the scavenger hunt! A pond!

Penny: Congrats!

Gary: Ooh, this pond is nice.

Marcy: Jump in, Gary, jump in!

Gary: Sorry, nope. I don't have my swimsuit.

Marcy: Ha, neither do I.

Penny: This water is so pure...I can see my reflection!

Gary: I can see a fish.

Marcy: I should've brought my fishing rod.

Penny: You know, Marcy, fish have feelings too. What a fish feels when you catch it...it's kind of like if somebody gave you a wedgie.

Marcy: Oof, I never thought of it like that before. That's something I should think about more often.

(Meanwhile)

Caroline: Whew, how long have we been walking?

Melody: About an hour.

Caroline: I think I need to rest my legs for a few minutes.

Melody: Luckily we're passing a bench.

(As Caroline sits on the bench she notices the dedication)

Caroline: "Dedicated to George and Eleanor Smith." Not to be confused with the Smiths I'm walking with right now.

Melody: (Laughs) Actually, "yes to be confused." Those are John's great grandparents. His family has a long history in the area and

they always helped a lot with the local parks and trails.

Caroline: Oh, that's so cool!

Melody: Yep. But my family did a lot of cool stuff in Wisconsin.

Caroline: And my family did neat things in Utah.

Melody: What?

Caroline: I was born in Utah, I moved to North Carolina for college along with my parents, and one day I drove up here to see a Tom Petty tribute at a bar, and Bob said "Will you stop drinking your soda so loudly? I'm trying to listen to my beer!"

Melody: True love.

Caroline: Alright, I think that's enough of a break. I want to catch up with the rest of them.

Melody: That's true. The kids are far ahead of us, and I'm sure the boys are too.

(John and Bob walk up to them)

Bob: Can we have a turn?

Caroline: (to Melody) Let's get moving. Somebody has to watch the kids.

(We stay on John and Bob)

John: So, because of your inner monkey, when you spend time in nature, that will make you feel better than drinking beer, listening to "Party in the USA", and even watching your team win the Super Bowl.

Bob: Okay, that's just impossible.

John: Let's see if you still think that when you reach the top of the mountain. Bob, what are you doing?

Bob: Looking at my feed.

John: Dude! Stop! Get up. A hike is best enjoyed uninterrupted.

Bob: (puts his phone away) Oh, alright. (he starts walking) Uh oh. We've reached a muddy spot. I don't want to get my sneakers dirty.

John: You wanted to hike to the top of Mount Substantial, which is

quite the undertaking, and you don't even have hiking shoes.

Bob: I've heard that when it comes to this kind of stuff, the gear isn't what's important.

John: Well it is if you're going to refuse to walk through mud.

Bob: Couldn't we find a way around?

John: Would you rather get your sneakers dirty, or go off the path and run the risk of stepping into brambles?

Bob: I guess the first one. I'll just try to get across quickly.

(Takes three big steps and gets across the muddy patch)

Bob: Woohoo! I did it! Oh, no, is that a bee, I see? Ah, (BLEEP), get away, get the (BLEEP) out of here, you (BLEEP)ing bee! John, save me!

John: Bob, chill -

(The bee lands on Bob)

Bob: (opens his mouth to start to vocalize)

John: Be still, Bob, be still.

(Bob freezes for a few seconds, and the bee flies off of him)

Bob: (sighs in relief) I can't believe it!

John: Bob, do you know the quote "The only thing we have to fear is fear itself?"

Bob: Oh yeah, Abraham Lincoln said that, right?

John: Nope. Franklin Roosevelt. Anyway, I think it's true. Bob, you should know that if you're calm, cool and collected, nothing will hurt you. Well, unless you act like a maniac and do stupid stuff.

Bob: Unfortunately I'm guilty of that sometimes.

(Meanwhile, back with the kids)

Gary: I found something else on the scavenger hunt! A ravine!

Penny: Awesome sauce!

Marcy: (looks over the edge) This ravine is beautiful.

Gary: To me it looks kind of filthy. I mean, look at what people have done to it! There's all kinds of soda cans, and Cheetos bags, and, uh, shoes down there!

Penny: Yeah, it kind of just makes me angry that people would treat nature this poorly.

Marcy: I mean, behind all that junk though, it's still a natural wonder. We care because in the first place it's beautiful. We care because it's cool to begin with.

Penny: Oh. (smirks) You two aren't finding something I put on the scavengers hunt.

Gary: What are you talking about?

Marcy: Yeah, I don't see anything.

Penny: It seems like something you two would notice. YOU TWO. Hint hint.

(Gary and Marcy blank stare)

Penny: (singsong) I found the lovers' tree! Look guys, there are like twenty couples' names here.

Marcy: (to Gary): You want to be number twenty one?

Gary: (shrugs) Sure.

Marcy: I thought we might see a lovers' tree. That's why I - well, one of the reasons I brought this. (Pulls out a Swiss Army knife) Just give me a couple minutes.

(Penny and Gary stand around. Penny starts whistling "I Wanna Dance With Somebody" and then Gary starts whistling "Billie Jean")

Marcy: And finished! (Shows Gary the G+M mark)

Gary: Niiiiiice! But we may never see this again.

Marcy: That's why I'm taking another picture. Say cheese, tree!

Penny: Trees can't say cheese. In fact they probably don't even know what cheese is.

Gary: Uh Penny, what the heck are you talking about?

Penny: Sorry, I just don't like when people say things that don't make sense. Anyway, wow, it looks like we're at the part where the

hill begins to get steeper.

Marcy: Hey guys, I have an idea! Why don't we try to beat everyone else to the top?

Penny: Won't the parents be worried about us if we get out of their line of sight?

Marcy: Hey, I've done this before. I pretty much know the way. It'll be fine.

Gary: But Marcy, this is really steep. We don't have climbing gear. And I don't wanna climb anyway. What are we going to do?

Marcy: There's a path that winds round and round the hill so you can gradually make it to the top.

Gary: Sounds easy enough. Let's do it! Penny, are you on board?

Penny: (shrugs) I guess.

(Montage of them going around a few times and occasionally stopping to look at the view and how far they've come)

Gary: How far are we?

Marcy: I think we're almost to the halfway point.

Penny: It feels like we've been doing this for hours!

Marcy: That's because we have.

Penny: You know what? I'm going to head back to where the parents are so I can take it slower. See ya!

Marcy: See ya!

Gary: See you later!

(Later, Penny is back with the parents)

Penny: Hi, Mom!

Caroline: Hey, sweetie! Where are Gary and Marcy?

Penny: Oh, they decided they wanted to beat everyone else to the top, so they're taking the long and winding road up the hill really fast.

Caroline: Ah, I see.

Melody: Oh no! We lost track of time! The sun is setting!

Bob: Shoot! What are we going to do?

(Cut back to Gary and Marcy. They're both breathing heavily, and they've made it to the top)

Marcy: GARY, WE MADE IT! Gary?

Gary: The sun is setting.

Marcy: Oh...

THE END - STAY TUNED!

(There is an epilogue scene of Dan wearing headphones, lying on the grass and watching the sunset as a slightly mysterious '80s-style rock song plays)