

## Wonderful! 96: Quad City Neurosurgeons

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[theme music plays]

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

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

**Rachel:** And this is Wonderful!

**Griffin:** Beep beep beep. It's like yarp in here. Those are the machines we're hooked up to, checking our health, measuring our health, injecting us with... [sighs] New, clean blood, and all the stuff that they do in doctor houses, which is what I call hospitals.

**Rachel:** We both have these very... nagging, low-level colds...

**Griffin:** Yeah.

**Rachel:** That just kind of cast a pallor over everything in our lives right now.

**Griffin:** It's like a 16% cold.

**Rachel:** I just feel its ever-present grip on my shoulder.

**Griffin:** It's beatin' my butt. It's beatin' my butt. But I'm a weak boy-man who is like a grandfather clock, and y'know, if I get one mouse stuck in the gears, what? What?

**Rachel:** That's gruesome.

**Griffin:** Is that—was I thinking of Hickory Dickory Dock, and then I was thinking of like, Occam's Razor, the logical outcome for one of these poor, poor mice? Jeesh. Anyway, this is—

**Rachel:** Should we mention that you've taken some medication?

**Griffin:** Oh, I took some Suda.

**Rachel:** Yeah.

**Griffin:** Um, and so, I'm feelin', y'know, a little bit silly. [laughs]

**Rachel:** [laughs]

**Griffin:** But yeah, there's gonna be a lot of, uh, ear, nose, and throat noises in this episode, and you're just gonna have to learn to live with that. And we're just gonna get through it together, and this is how it works when you have a child in daycare. Sometimes you just, uhh... you gotta ride the train, as they say in ER.

**Rachel:** And if you're a Quad City DJ.

**Griffin:** And if you're a Quad City DJ. Well, they were all – did you know this? – licensed neurosurgeons.

**Rachel:** Oh!

**Griffin:** Yeah.

**Rachel:** Of all the medical professions, that's one's pretty prestigious.

**Griffin:** Well, no, because they know the folds of the brain. So they know how to get an earworm in there and really drill it in so that it's literally the only song I can think of when I wake up in the morning for about 24 years, now. So, y'know, it worked. It's science.

Quad City DJs, come on and slam and welcome to the jam. It's just science.

**Rachel:** Wait.

**Griffin:** Wait, did they do that?

**Rachel:** I don't know. I know they did Come On Ride the Train and Ride It.

**Griffin:** I'm gonna owe a lot of people a lot of apologies if Quad City DJs didn't—yeah, they did the frickin' Space Jam theme song.

**Rachel:** They did Space Jam and the Train?!

**Griffin:** Right?! Neurosurgeons!

**Rachel:** [laughs]

**Griffin:** Do you have any small wonders?

**Rachel:** I do.

**Griffin:** Oh, good.

**Rachel:** Simone Biles.

**Griffin:** Simone Biles. Why do I know that—oh, the gymnast!

**Rachel:** The gymnast that did the triple double.

**Griffin:** Yeah, that was so fuckin'—

**Rachel:** You seen that triple double?

**Griffin:** No, is there a new triple double?

**Rachel:** Well, I mean, new as of this week.

**Griffin:** I don't think I know what a triple double is.

**Rachel:** It's a floor routine she did. And you like, do like, three twists and two summersaults mid-air. It was so badass that, as she was coming down, I noticed there was an additional mat they had put on the ground, because I think it was incredibly dangerous.

**Griffin:** Oh, I see.

**Rachel:** So, in addition to the like, padded floor that comes with the floor routine, they put on a mat.

**Griffin:** Yeah.

**Rachel:** And then, once she landed it, they removed the mat. Said okay, she survived.

**Griffin:** I gotta check this out. I gotta watch this.

**Rachel:** Apparently she's the first person. Or the first woman, anyway, to ever land it.

**Griffin:** Is she gonna get up in 2020? Is she heading to Tokyo?

**Rachel:** So she is 21 or 22, so yeah, I assume so.

**Griffin:** Oh, god, I just got excited about the Olympics again!

**Rachel:** Yeah. She's incredible.

**Griffin:** Been a bit. Yeah.

**Rachel:** What are your small wonders?

**Griffin:** You could probably guess what it is.

**Rachel:** Is it White Claw?

**Griffin:** It's White Claw. It's so basiic.

**Rachel:** [laughs]

**Griffin:** I feel guilty even talking about iit.

**Rachel:** Griffin and I went to Schlitterbahn over the weekend.

**Griffin:** [sings] We went to Schlitterbahn.

**Rachel:** May have seen the photo on Instagram.

**Griffin:** [sings] I breathed in some water, and it gave me a sinus infection. I went to Schlitterbahn. [normally] Uh, yeah, we talked—we went with a couple friends who—

**Rachel:** They were mentioning... So, our friends have a teen daughter who was extoling the virtues of White Claw to them at the teen party she goes to. And we thought, "Huh. We've never had that." And they happened to have it at Schlitterbahn.

**Griffin:** They did.

**Rachel:** For like, eight dollars a can, which was a little ridiculous.

**Griffin:** Yeah, it was quite pricy.

**Rachel:** Only a hundred calories.

**Griffin:** Only a hundred cal—I mean, we don't need to advertise this very popular alcoholic beverage.

**Rachel:** But it was new to us.

**Griffin:** Yeah, it's like, hard seltzer. It's like a LaCroix, but with some booze in there. And I don't know, I just—I am not a—the only time I really enjoy drinking these days is when it's like a summertime, outdoor treat, swimming in a pool. Which, they have swim-up bars at Schlitterbahn. And like, at the same time, I can't drink anything sweet, 'cause like, I can have one of those and it'll knock me out. So like a shandy? No. A cider? Ehh, not really. And I don't like—

**Rachel:** Can I ask you?

**Griffin:** --beer that much anymore. But this shit, woof, it was nice.

**Rachel:** So, the reigning champion of summer potions has been Bud Light Lime.

**Griffin:** It's been Bud Light Lime. I would even kick that out. 'Cause Bud Light Lime, I love ya, but you're really sugary, and you...

**Rachel:** So it's been dethroned!

**Griffin:** I think it's been dethroned. Y'know, LaCroix is like, the thing—it's what I am drinking now. It's what I drink most of the time when we record, 'cause I don't do soda or anything like that. Like, I don't like a lot of sugar, and beer, I like as like, a boutique thing. Like, I'll go and have like, one very nice beer somewhere.

**Rachel:** Yeah, exactly.

**Griffin:** But not like, 14 Miller Lights anymore.

**Rachel:** Exactly.

**Griffin:** So this was just like, refreshing and, y'know, you get a buzz on, and you go down a waterslide. It was nice.

**Rachel:** It was a real treat. A real treat.

**Griffin:** Um, yeah, I would say that. And just Schlitterbahn in general. Woof, they got some waterslides there, folks.

**Rachel:** Oh, it's so fun.

**Griffin:** They have—that water coaster is no joke. You blast uphill on a waterslide. It is so wild and so fun.

**Rachel:** We also decided that we may never bring our child, because it is terrifying.

**Griffin:** Oh my god, it's so scary also. Uh, what's your first thing? You go first this week.

**Rachel:** My first thing is the, uh, dermatological phenomenon that is the goose bump.

**Griffin:** Huh. [sings the Goosebumps theme]

**Rachel:** I had to phrase that very carefully.

**Griffin:** You did not carefully enough, didja?

**Rachel:** I guess not. [laughs]

**Griffin:** Didja? Got monster blood.

**Rachel:** I don't even know what you're singing right now.

**Griffin:** That's the theme song to the Goosebumps TV show.

**Rachel:** Oh, see, I never took in that particular product.

**Griffin:** Uh, very scary. Very mature. Monster blood. Monster blood. The scary camp one. The camp one fucked me up. Do you remember the camp one? It fucked me up.

**Rachel:** I just told you, I don't... I didn't... I didn't watch it.

**Griffin:** No, no, no, the books. You read the books, though.

**Rachel:** No. No I did not.

**Griffin:** Oh. My god.

**Rachel:** No, I think I missed it. I think it was comin' up right when I was comin' out.

**Griffin:** The camp one was... and I'm gonna spoil the camp one, but like, all these spooky things happen at this camp. And then, at the very end of the book, it's revealed that like, everyone's aliens, and it's like, a training program for like, the protagonist of the book to go to earth and test out all this stuff. And it was the first book I had ever read with a twist ending.

**Rachel:** Oooh.

**Griffin:** And I was like, "Books can do that?!" Thanks, Goosebumps. But you're talking about, uh, goose flesh.

**Rachel:** Yeah! Mostly because it serves no real purpose.

**Griffin:** Huh.

**Rachel:** But its kind of origins were very much purposeful, and I find that kind of fascinating. So have you heard of this like, concept of like, vestigial?

**Griffin:** Vestigial limbs? Like, unnecessary things?



**Rachel:** Yeah. Well, or like, organs. Like, y'know how people, a lot of times, will have their appendix removed?

**Griffin:** Yeah, sure, sure.

**Rachel:** Um... so goose bumps are kind of like that. So the idea is, and you'll see it in a lot of animals. Y'know how like when, um, cats or dogs, their fur raises up? Their scruff raises up?

**Griffin:** Yeah, sure.

**Rachel:** Um, that's the same...

**Griffin:** That's what happens?

**Rachel:** Kind of chemical reaction happening in the body.

**Griffin:** Huh! Interesting! I never knew that.

**Rachel:** Yeah. So I guess the idea is, when we were much furrer, uh, organisms...

**Griffin:** Mm-hmm. Well, speak for yourself. [laughs]

**Rachel:** [laughs] Uh, that served the purpose of making you look bigger. So when you would, y'know, when you get goose bumps, you're usually like, when you're cold, or when you're frightened, or when you're like, particularly moved.

**Griffin:** Huh.

**Rachel:** And I guess the idea was that your hair would raise up to kind of make you look bigger and tougher.

**Griffin:** [sighs] My poor skin. My poor skin. It's like, "You're in danger, Griffin. You need to get out of here. This is me showing that." And I just don't even pay attention. I don't even give a shit. I don't heed its warnings.

**Rachel:** [laughs] Uh, so this, uh, is considered, as I mentioned, a vestigial reflex. And the muscles are known as the, uh, arrector pili muscles.

**Griffin:** There's mus—I guess there's gotta be muscles.

**Rachel:** They're tiny muscles at the base of each hair.

**Griffin:** That's so cute!

**Rachel:** Isn't that cute?

**Griffin:** Cute little dots.

**Rachel:** Well, and if you think about it... so, when I was talking about like, cats and dogs, that's also, uh, porcupines when they raise their quills. That's the same kind of muscle reaction.

**Griffin:** Ooh.

**Rachel:** Yeah.

**Griffin:** I like thinkin' about that. Me havin' quills. Cool.

**Rachel:** Uh, some of the things that also can cause it are... they talk a lot in the articles I read about music. That experience when you hear like, a good piece of music.

**Griffin:** Ohh, interesting.

**Rachel:** And you get goose bumps. That kind of like, emotional reaction.

**Griffin:** Well, that's the horny reflex. I think it's tied to that.

**Rachel:** Well, they talk about how the pleasure is driven by dopamine.

**Griffin:** Right, right.

**Rachel:** Which produces physical effects.

**Griffin:** It's really just the one kind of juice that you got in there for music, for cold, for horny.

**Rachel:** [laughs] For horny. Um...

**Griffin:** I mean, that was the jam. Not to get too blue, but y'know, when you're kissin', and you feel those bumps on your partner, you know that you're doin' a good job. That feels nice, man.

**Rachel:** [laughing]

**Griffin:** That's nice! Feelin' those bumps, and you're like, "I'm doin' it! I'm doin' good kissing!" Y'know what I mean?

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

**Griffin:** Listen, we could talk—[sings] Let's talk about necking and sex.

**Rachel:** [laughs]

**Griffin:** Gotta be sex-positive here.

**Rachel:** Uh, something that I thought was interesting... so they talk about goose bumps as being strongest on the forearms, but also on the legs, face, or head. Face?

**Griffin:** Head?

**Rachel:** Can you imagine face or head?

**Griffin:** Huh. Yeah, I don't think that.

**Rachel:** Yeah. Apparently it's not as common.

**Griffin:** Yeah, I'll say.

**Rachel:** But you can get them up there.

**Griffin:** Huh, weird. If like, my mustache hairs poked outward.

**Rachel:** There's also... [laughs] That'd be real great.

**Griffin:** That would be cool.

**Rachel:** [laughing]

**Griffin:** It would point toward the danger. Where's my super power hero comic book?

**Rachel:** There is a condition, a skin condition, that mimics this, and it's called keratosis pilaris.

**Griffin:** Okay.

**Rachel:** So you just kind of have like, perma-goose bumps.

**Griffin:** Oh, that must be... Eh. I was about to say that that must be nice, but I have no bearing on how nice or bad—

**Rachel:** No, I imagine it's terrible. Like, imagine if you want to like, shave.

**Griffin:** Oh, yeah, I guess it would be tough.

**Rachel:** And you had to deal with that all the time.

**Griffin:** I like the feeling of goose bumps, but I also think it's like, not something you would want constantly, for sure.

**Rachel:** Mm-hmm. See, again, I like... it's more, I like what it is a symptom of. Y'know? This like, time period, y'know, where like, that served an actual function.

**Griffin:** Yeah.

**Rachel:** And now it's just kind of like, "Oh, it's chilly." [laughs]

**Griffin:** Boy, but we must've not been on top of our game, though, if we like, had a, y'know, a tiger charging us. And we're like, "Ooh, my hair's sticking up. That must be dangerous. I should probably go."

**Rachel:** It was also—it also, there was like, a suggestion that it would help, um, provide like an extra layer, uh, of like, uh, insulation.

**Griffin:** Whoa.

**Rachel:** So the idea was that the hair would raise up, and it would wick the moisture away from the skin, and like—

**Griffin:** Whoaaa.

**Rachel:** Yeah. Mm-hmm.

**Griffin:** So if you were like, uh, stranded on a frozen mountain after a plane crash, you can turn to the other survivor and be like, "This is weird, but I need you to like, blow near my ear."

**Rachel:** [laughs]

**Griffin:** "It's for living. It's for life survival." Uh, can I do my first thing?

**Rachel:** Yes.

**Griffin:** Rachel and I talked about keeping this one actually a little short, which we talk about a lot and never follow through with. But my first thing is cinnamon, so I think we're gonna probably truck on through.

**Rachel:** [laughs]

**Griffin:** Cinnamon's the good spice. Um, I...

**Rachel:** I have never met anyone that loves cinnamon as much as you do.

**Griffin:** Here's the thing. Everybody knows my proclivities for fruity candies. It's probably... it is my preferred sweet of choice. You give me some Sour Patch Kids, some gummy bears, some Starburst, some Skittles, whatever. Like, you know I'm down. That's my jam. Not a big chocolate fan. But like, I'm not a big caramel fan. So when I need a sweet that is like, on that sort of end of the—the more luscious end of the spectrum, if you will, that's not a fruity candy... cinnamon is where I get that itch scratched. Cinnamon is my road dog for that. I love it.

Cinnamon rolls. Cinnamon French toast. Cinnamon Toast Crunch. Uh, whatever. It's just pound for pound, is probably my favorite flavor, is cinnamon. And I like watching teens try to eat it raw on the internet, even though I think it's actually pretty deadly. It's great.

**Rachel:** [laughs]

**Griffin:** I like it in tea. Cinnamon-based teas, my favorite kinds of teas.

**Rachel:** Did you ever, when you were a kid, do the like, cinnamon sugar toast?

**Griffin:** Oh yeah, yeah yeah yeah! I had a McDonalds play set – this is sad. I had a McDonald's play set where you would make French fries, and so, I got that for like, Christmas or something. And I was like, "Fuck yeah! McDonald's French fries? Are you kidding? At home whenever I want them?"

Byeee all other food.” And what it was is, you took a piece of white bread, and you cut all the crust off—

**Rachel:** Oh, babe...

**Griffin:** And then you put it in, essentially, what was a Fischer-Price pasta cutter, where you like, put it in the top of this machine, and you crank it through.

**Rachel:** An extruder.

**Griffin:** An extruder, yeah. And it would cut it into smaller strips, and then, the finalizing the recipe is you pour cinnamon and sugar all over them. And I remember like, that Christmas morning, like, eating those and being like, “I mean, it’s cinnamon sugar bread, but... it’s like, wicked not French fries.”

**Rachel:** No, not at all.

**Griffin:** So I was lied to. Anyway. I wasn’t complaining, ‘cause I still got that good cinnamon flavor. Uh, I love cinnamon. So, anyway, I looked up some fun facts about this thing that I put in my body all the time. Um, the best thing that I learned today is that... it is the bark of a tree. It’s like the interior bark of a tree is what cinnamon is.

You cut it, you cut the tree—you let the tree grow for like, two years. The tree has berries in it, which is fucked up. I couldn’t find anything about the cinnamon berries. Are they poisonous? What’s up with these? How come nobody’s told me about cinnamon berries?

**Rachel:** Is the tree just called like, the cinnamon tree?

**Griffin:** I’m gonna tell you the name of the tree later, ‘cause it’s the best thing.

**Rachel:** Okay. Okay.

**Griffin:** But you cut it down after it grows for two years, and then, um, and then you like, from the stump, new shoots will grow, and you just cut those down and you dry them out real quick, and you get the cinnamon out from inside of them. That's where cinnamon comes from.

The genus of tree that it comes from is called... cinnamomum. It's the cinnamomum. Which is so good.

**Rachel:** Can... can you spell that end part? So is it spelled like...

**Griffin:** It's cinna...

**Rachel:** Cinna... mm-hmm.

**Griffin:** Cinnamomum.

**Rachel:** Momum.

**Griffin:** C-I-N-N-A-M-O-M-U-M.

**Rachel:** M-O-M-U-M...

**Griffin:** It sounds like somebody just takin' a run at the word cinnamon, and just like, hitting the hurdle with both knees at the same time.

**Rachel:** [laughs]

**Griffin:** And just eating shit.

**Rachel:** Or if like—

**Griffin:** Right into the pavement.

**Rachel:** Or if like, the biologist was working in his lab, and his three your old came in and said, "What are you doing daddy?" And it's like, "Oh, well, I need to name this tree." And it was just like...



**Griffin:** It sounds like Jeffy from Family Circus trying to fucking say cinnamon. It's so good.

**Rachel:** Cinnamomum.

**Griffin:** It's so good. Give me that sweet root of the cinnamomum tree. I love it. It's so good. That's my favorite. Uh, 2016, 75% of the world's supply of cinnamon came from Indonesia and China. There's different like, types of cinnamon tree, uh, bark stuff that you can get. The most common is the stuff that comes from China, which is called cassia. That's why it's the most common type of cinnamon, it's commonly called Chinese cinnamon. That is why.

But there are like, five countries in the world that grow like, 99% of the cinnamon. Uh, and so, it uh, the name is like, essentially, the same throughout ancient history. We call it cinnamon, but like, uh, ancient Greek and Hebrew, I think it's called kinnamun. So like, they really haven't switched this one around very much.

Uh, it was imported to Egypt as early as 2000 B.C., and it was this precious thing, like, that you could gift to, uh, rulers, or you could sacrifice to gods. So like, they knew what was up. They were just like, one generation away from like, having Cinnamon Toast Crunch and being like, "Oh my god, let's give this to the pharaoh."

And they used it in the embalming process for mummies!

**Rachel:** Whoa!

**Griffin:** Delicious, spicy mummies! Are you kidding me? Where's that breakfast cereal?

**Rachel:** That actually would—that would've really worked.

**Griffin:** [yells] Cinnamummies!!

**Rachel:** Oh my gosh, Griffin. TM TM TM TM.

**Griffin:** TM TM TM. Please don't take this. Uh, and yeah, I talked about the tree, and it's great. I gotta know about these berries. It's an evergreen tree. It's always there for you. It's always making cinnamon. Uh, big part of Turkish and Persian cuisine. Some people use it medicinally, and like, that's probably... you do you. I'm not here to yuck your yum.

There is a certain, uh—there are studies about its toxicity when taken in large amounts, so maybe read up on that before you eat it to, y'know, increase your eyesight or something like that. But otherwise, small doses. Moderation. Cinnamon!

**Rachel:** Cinnamon!

**Griffin:** What's your favorite cinnamon something something? What's your favorite little cinnamon treat?

**Rachel:** Oh, I mean... oof. Ooh. Uh, I mean, the cinnamon roll is...

**Griffin:** Hard to beat.

**Rachel:** Extraordinary. Uh, I like that cinnamon coffee that we have.

**Griffin:** Yeah!

**Rachel:** Uh, the cinnamon tea we have is really good, too. I've always liked Cinnamon Toast Crunch.

**Griffin:** Uh-huh.

**Rachel:** I honestly—I can't think of a cinnamon thing that I don't like.

**Griffin:** Hey, welcome to the revolution. It's the best fuckin' flavor. I like it on like a spiced, like, nuts. Like spiced pecans. We got some of those from Bucky's with cinnamon all over them. Mm, damn! Cinnamonnn.

**Rachel:** Cinnamomum.

**Griffin:** Go out and buy a big heapin' handful of cinnamon from your local cinnamon dealer. Just head on down. Tell 'em Griffin sent you. They're gonna get you—

**Rachel:** Is cinnamon—now, is it legal in all 50 states?

**Griffin:** It is medicinal in uh, Wyoming, but—

**Rachel:** Do I need to go to my doctor to get a prescription?

**Griffin:** Yeah, just tell 'em that you need to taste a good flavor, and usually, that's enough for you to get your card.

**Rachel:** Okay.

**Griffin:** But yeah, um... [laughs] Love this spice.

**Rachel:** [laughs]

**Griffin:** Hey, baby?

**Rachel:** Yeah?

**Griffin:** Can I make it spicy?

**Rachel:** Uh... yes?

[music plays]

**Griffin:** I thought we would say a new thing for the advertisement. Hey, our first sponsor is FabFitFun. Why don't you just like, shoot some off the dome?

**Rachel:** I just got a box from FabFitFun.

**Griffin:** Was it all three? Rank... give them ratings in both—all three of those heuristics.

**Rachel:** Oh, man. Well, see, here's the great thing about FabFitFun is, you can customize. So I was looking at some of the options for this box, and there was a yoga mat, but I don't need the yoga mat. But that would be the fit part.

**Griffin:** Yeah, I see.

**Rachel:** And I said, "No thanks, yoga mat."

**Griffin:** I see.

**Rachel:** Uh, fab... I got this really pretty scarf that I can wear for the fall.

**Griffin:** Ooh!

**Rachel:** Um, and then, fun, I got these little like, bath salt cubes that I can crumble up and kind of rub on me to exfoliate in the tub.

**Griffin:** Ooh! Got cinnamon in there maybe?

**Rachel:** [laughs] Maybe.

**Griffin:** Maybeee?

**Rachel:** I have consistently been impressed by these boxes. They are incredible.

**Griffin:** The boxes themselves are great, too. Sturdy. Great.

**Rachel:** Big, beautiful boxes.

**Griffin:** Great for making little...

**Rachel:** But the products inside, even better.

**Griffin:** Robot costume. Forget about it.

**Rachel:** Uh, they're full sized products. And while the box retails for \$49.99, it always has a value over \$200.

**Griffin:** That's like 17 times the—

**Rachel:** They put like, the super fancy name brand stuff that you see on Queer Eye in those boxes.

**Griffin:** Hell yeah.

**Rachel:** It's like the stuff that you like, wouldn't even know where to get if you were like, at a Walgreens. But like, they send it right to your house, and then you have it like all the celebs do.

**Griffin:** I heard a rumor it's a seasonal subscription box, so they change stuff based on what's hot, what's now, what's hip, what's seasonal, what's hip.

**Rachel:** Yes. That's exactly true.

**Griffin:** What's hot? And now.

**Rachel:** Mm-hmm. Uh, the other great thing about FabFitFun is, you get access to all these different flash sales and exclusive on-demand videos. I got all these like, coupons in my box. So if I like the products and I want to buy some more of them, I got like, deals to get them.

So if you want to get this, go to [FabFitFun.com](http://FabFitFun.com) and use coupon code 'Wonderful' for \$10 off your first box. That's [www.FabFitFun.com](http://www.FabFitFun.com), coupon code 'Wonderful.'

**Griffin:** That was so... you were giving me so much, like, Taming of the Shrew, My Fair Lady heat there.

**Rachel:** [laughs]

**Griffin:** You were giving me so much the rain in Spain falls mainly in the planes.

**Rachel:** Do you like my diction?

**Griffin:** I do. Uh, hey, let's talk about DoorDash. We use it a lot.

**Rachel:** Yes we do.

**Griffin:** We use it quite a bit, especially when we are sick, and uh, feel like death after getting our son down for bed, and just do not have the gas in the tank to cook something up. DoorDash will get us whatever, man. Tasty Thai food, some poke, like... literally...

**Rachel:** Pizza, burgers...

**Griffin:** Like, all of our favorite... yeah. All our favorite restaurants here in town. That's like, not an exaggeration. Uh, are hooked up on DoorDash, and uh, you just get on the app, or y'know, whatever, and you find the restaurants that work with them in your city, and it's a lot of them. It's 310 thousand restaurants in over 3,300 cities in all 50 states across the United States, and in Canada.

Yeah, and you just go to the app, and you choose what you want to eat, and your dasher brings it right to you wherever you are. It's a good service, folks. This is a... this is legit stuff, here. I'm not talkin' a bunch of uh, garbage in your ear.

**Rachel:** Yeah, I would encourage you guys to download the app and take a look and see what's available to you. A lot of your favorite restaurants that say they don't deliver actually do.

**Griffin:** When I'm touring, and I get into like, an airport at 11:00PM, and everything's closed except for a few places, like, DoorDash will find the places that are still open, and I'll get food and not have to go to bed hungry.

**Rachel:** Yes.

**Griffin:** Anyway, right now, our listeners can get five dollars off their first order when you download the DoorDash app and enter the promo code 'Wonderful.' That's five bucks off your first order when you download the DoorDash app from the app store and enter the promo code 'Wonderful.' Again, that's promo code 'Wonderful' for five dollars off your first order from DoorDash.

**Rachel:** Can I read you a personal message?

**Griffin:** Shit yeah.

**Rachel:** This message is for Jeremy. It is from Heather. "My darling husband Jeremy..."

**Griffin:** What?!

**Rachel:** I'm Heather right now.

**Griffin:** Oh, you started the message.

**Rachel:** Should I use my Heather voice?

**Griffin:** You know how jealous and confused I get.

**Rachel:** "My darling husband Jeremy, thank you for being my best friend, my rock, my heart. I love you more every day. The past few years have been tough, but we got this. Love, your crazy wife, Heather."

**Griffin:** Ooh, that's a good love. It is hard to find people who are also rocks.

**Rachel:** [laughs]

**Griffin:** People who can transform into a rock and blend in.

**Rachel:** That is really handy when you want to keep a door open and it's windy out.

**Griffin:** When you want to keep a door open. When somebody's having an uncomfortable conversation with you. Poof! Now you're talking to a rock. Get dunked on.

**Rachel:** [laughs]

**Griffin:** Here's a message for Sheen, and it's from Jess, who says, "Sheen! I am so lucky to be your lady. I didn't know I could love someone the way I love you. Thank you for watching Drag Race with me, and for putting up with Babastus, even though you're allergic to cats. I'm honored to be with someone so loving and creative who also happens to have a perfect butt. Let's go on a writing date and make spicy pizza soon."

Lot to crack into there in that one. Um... what is—

**Rachel:** I mean, I'm focused on the perfect butt, right?

**Griffin:** I know you are. I know you're always focused on the perfect. Butt.

**Rachel:** I want to go to [ButtRankings.com](http://ButtRankings.com) and see if that butt's up there.

**Griffin:** Mm-hmm. Well, it's tough, right? It's subjective. Everybody's favorite, perfect butt is different. My idea of a perfect butt is just one big cheek. And you know that.

**Rachel:** Yeah.



**Griffin:** And you know that. And that's why, uh... we work so well, and I'm not gonna say anything [mumbles] about how Rachel has one big butt cheek.

**Rachel:** It is hard for me to wear pants.

**Griffin:** And do other stuff.

**Rachel:** [laughs]

**Moujan:** Hello! I'm Moujan Zolfaghari, and I play a bunch of characters on Mission to Zyxx, an improvised science-fiction podcast on Maximum Fun. And this is our incredible sound designer, Shane.

**Shane:** Hello!

**Moujan:** Now, Shane makes it possible for me to play a thousand billion characters in our galaxy. Such as the Bargarean Jade, ship of the stars!

**Enforcer Droid:** And the Enforcer Droid. Prepare to eat pancakes!

**Wink:** And Wink! Let's get dusted up, baby!

**Turk:** And Emissary Turk Mannaket. Hey, I just got another amp.

**Horrible Wife:** And the horrible wife! Ahhh!

**Moujan:** Oh, also, there are five other cast members, and we'll give them just all a second to say hi.

**Speaker 1:** Uh, hey.

**Speaker 2:** Hello.

**Speaker 3:** Hey.

**Moujan:** Yeah, that's enough. Okay, so the season finale of Mission to Zyxx is coming out next week, so it's the perfect time to dive in and catch up with

our intrepid crew as they explore the Zyxx quadrant. So give us a listen. Mission to Zyxx on Maximum Fun.

**Griffin:** What's your second thing?

**Rachel:** My second thing... is Skipper and Ping.

**Griffin:** What's that?

**Rachel:** Two penguins.

**Griffin:** [laughs

**Rachel:** Two penguins that are in love.

**Griffin:** Aww, yeah. [laughing] Yes. Oh yes.

**Rachel:** Buckle up, Griffin. Buckle up.

**Griffin:** Yes. Zip, click!

**Rachel:** [laughs] So I saw like a little news blurb about this, and I had to get more... I had to get deeper. And so, I went to Popular Science and found all about two male penguins at the Berlin Zoo that are co-parenting an abandoned egg.

**Griffin:** [breathes heavily] An abandoned penguin egg, or is it another—

**Rachel:** Yes. [laughs]

**Griffin:** Okay. I was just—the only way it could get better is if it was like a velociraptor in there, but go on.

**Rachel:** Zookeepers say that the ten year old king penguins named Skipper and Ping are looking after the egg. Caretakers placed the egg in their vicinity after watching them attempt to hatch stones and other odds and ends.

**Griffin:** Oh my god.

**Rachel:** Including, apparently, at least one dead fish.

**Griffin:** Less... less good.

**Rachel:** [laughs]

**Griffin:** The stones were good. The dead fish is sad, in a way. Come on out, baba! Come on out, baba! Daddies are ready for you, baba!

**Rachel:** "We just had to put the egg in front of one of the males. He immediately knew what to do. This is the first time we have tried to have a same sex penguin couple incubate an egg," said keeper Norbert Zahmel.

**Griffin:** [clapping] So. Good. I'm loving this shit. This Happy Feet shit.

**Rachel:** If the egg is actually fertilized... so that's kind of a bummer. It may or may not contain a little penguin.

**Griffin:** Ohh. Well, babe... hey, babe?

**Rachel:** Apparently there is a group in the Berlin Zoo, there's a group of six king penguins and just one female. And she has a habit of abandoning her eggs.

**Griffin:** Well...

**Rachel:** So I think they've just decided, "Alright, well..."

**Griffin:** Her... that's her choice. But...

**Rachel:** Yeah. No, yeah, I mean...

**Griffin:** It's... [sighs] It's obviously disappointing for me. Is there any other way we can fertilize these things?

**Rachel:** Um... well, so, hatching a penguin egg is a big commitment.

**Griffin:** Oh, no kidding.

**Rachel:** And they typically need two willing partners, because the eggs must be kept warm for around 55 days. And so, they need two parents, so they can have one that takes turn guarding the egg, and the other go out and find food.

**Griffin:** And they can dance and sing.

**Rachel:** Mm, with Happy Feet?

**Griffin:** Ah, Happy Feet.

**Rachel:** Mm-hmm.

**Griffin:** [baby voice] Did you watch Happy Feet?

**Rachel:** A little bit of it.

**Griffin:** [baby voice] Did you watch Happy Feet?

**Rachel:** I don't think I ever watched the whole thing.

**Griffin:** [baby voice] Everybody sings, but he dance. With his Happy Feet.  
[normally] Did you watch March of the Penguins?

**Rachel:** A little bit.

**Griffin:** A lot of penguin death in that one. Wouldn't advise it.

**Rachel:** Yeah.

**Griffin:** I turned it on to watch it with Henry, and it was like, "This one dropped his egg, so he's just gonna sort of stand here until he dies." And I'm like, "Welp. Click. This is Happy Feet. He does dancing 'cause he can't sing good. Look at him. Look at Happy Feet. Don't look at March of the Penguins."

**Rachel:** Uh, the first recorded incident of penguin homosexuality was in 1911.

**Griffin:** Huh. Incident is a strange choice of words.

**Rachel:** Recorded incident. They didn't know about any previous history until this recorded incident.

**Griffin:** Oh, I see. [laughing]

**Rachel:** Uh, Antarctic explorer wrote it down in Greek to dissuade casual readers, and omitted the behavior.

**Griffin:** [sighs]

**Rachel:** So he was shocked by it.

**Griffin:** I mean, it—so this was just like, out and about.

**Rachel:** Well, he was in Antarctica, just...

**Griffin:** Killer. So good.

**Rachel:** Just lookin' around, takin' notes. Uh, scientists only recently rediscovered these findings in 2012. So for almost 100 years – or, I guess, over 100 years, these notes about the penguins just remained unread.

**Griffin:** I mean, I guess I shouldn't be so blown away by gay animals, right? And I'm not. I understand that that is a thing. But like, it's penguins, man. It's the penguins.

**Rachel:** I know.

**Griffin:** It's the penguin part of it that really, really pops it off for me.

**Rachel:** I know. So, here's—this is the thing. So, I didn't realize how many instances of penguin couples there are throughout zoo history.

**Griffin:** Oh, wow.

**Rachel:** 'Cause y'know, everybody talks about how penguins are monogamous. But they don't really like, mate for life. They just tend to stay with one partner during the entire mating period.

**Griffin:** I mean, if you find somebody who won't drop an egg after holding it for 50 days, you need to lock that shit down.

**Rachel:** [laughs] Uh, the other famous pair of mated male penguins is uh, Roy and Silo, who are in New York City. They were also given an egg in need, and the couple resulted in the hatching of a healthy little girl named Tango.

**Griffin:** Aw, Tango!!

**Rachel:** Uh, unfortunately, Roy and Silo—

**Griffin:** Don't. Don't.

**Rachel:** They broke up.

**Griffin:** And they lived happily ever—okay.

**Rachel:** They broke up.

**Griffin:** That's their choice too, I guess.

**Rachel:** They broke up after six years.

**Griffin:** That's a good run, though.

**Rachel:** Which is a good run for a penguin.

**Griffin:** Yeah.

**Rachel:** Yeah. At... oh, here's another thing. At Ireland Dingle Ocean World Aquarium...

**Griffin:** Sorry, you're gonna need to—

**Rachel:** Let me read that again.

**Griffin:** Please.

**Rachel:** At Ireland's Dingle Ocean World Aquarium...

**Griffin:** Dingle. This is... oh, so good.

**Rachel:** This is an article from May, 2019, so this is also very recent.

**Griffin:** Oh, shit, okay.

**Rachel:** The majority of the penguins are gay, with eight of are 14 penguins coupled with a partner of the same sex.

**Griffin:** That's really good stuff. And also explains that one episode of Parks and Rec. Like, a lot.

**Rachel:** Yeah. Uh-huh. [laughs] Um... I think penguins are... maybe one of the best animals.

**Griffin:** They're so good. They're really good. Where do they get off? Where do they get off? What are you doing with those wings?

**Rachel:** And I just love the idea of these penguins goin' around, trying to hatch rocks. 'Cause they want so badly to foster a little penguin.

**Griffin:** To start a little family.

**Rachel:** I know! How great!

**Griffin:** How great is that? We're projecting a lot of human emotions onto these fish birds, but I love themmm. Uh, can I do my second thing?

**Rachel:** Yes.

**Griffin:** Uh, so, I want to talk about a musical artist. An album by that artist. And full disclosure – I have talked about them before. Weirdly, in the segment where I talked about the Spotify Discovery playlist stuff, where I also talked about Snail Mail. That's where I found Snail Mail before you did a segment, and I became like, deeply, deeply obsessed with that. So this is all very full circle.

Another band I talked about is a trio of sisters who are vocalists, called the Roches, R-O-C-H-E-S. Uh, and I want to talk about their first self-titled album, The Roches. When I first talked about them, I didn't really know anything about them. I knew one song that had appeared on my Discover playlist that was called Hammond Song. And this was a while ago, so I'll play a little bit of that song to get you all refreshed.

[‘Hammond Song’ by The Roches plays]

**Rachel:** What is the time period for this group?

**Griffin:** So, the Roches kind of came up in the like, '70s. They technically formed in 1973. It's three sisters, two of them used to play in a band together, uh, that was sort of not critically well received. And the third sister joined in. They did some work with like, Paul Simon. But this was part of like, this uh, post... like, the next generation of like, folk artists after like, Joni Mitchell and Bob Dylan.

Uh, and really, this album, The Roches, is like the only album that kind of sounds like this, because then you start getting into like... they went electronic very much, like, pretty much right after.

**Rachel:** Oh my gosh, how funny.

**Griffin:** Uh, and the rest of the music is like—the rest of their albums are interesting and good. But like, this album... it is—I know it's strange to talk about them again, but since I did that bit about the Discover playlist stuff, uh, I have just been so, so in love with this album. And I listen to it so much that it reached the point where it had gotten kind of weird that I had never talked about them on the show before.

Uh, so it's three sisters, Maggie, Terre, and Suzzy Roche. Uh, and they—they formed this trio in 1973, and made albums—

**Rachel:** Are you sure that's not Suzie?

**Griffin:** It's Suzzy. Trust on this. Um, yeah. It's S-U-Z-Z-Y. Suzzy.

**Rachel:** Oh, okay.

**Griffin:** I know. Uh, I'll tell you why I know how the name is pronounced here in a second.

**Rachel:** Okay. [laughs]

**Griffin:** Uh, and they like, made music, and did live shows and stuff up through 2017, which is—that's sadly when Maggie, who was the eldest sister, passed away. Um, and their sound like, changed a lot over that time. But they really gained traction with this first album.

Uh, they came up in what was called the New York folk scene in the '70s. Uh, and yeah, I think it was just sort of after the roarin' '60s when folk music like, really, really, really took the fuck off. And then it was like, well,



okay, what's next? What's the next big thing? And a lot of different people tried to define what that was.

Uh, this album, man. The—

**Rachel:** What's the name of the album again?

**Griffin:** The Roches. It's just their name, which doesn't have an A in it. It's not the bug. Uh, they're so fuckin' funny. Like, they are really, really funny. They have a lot of like, stage performances that are like, on YouTube, because like, they were around during the era where recorded video of concerts was possible. Uh, and they're just so like, casually funny.

They have that like... they got that blood harmony comedy that is like, the thing I covet. They also have just straight up blood harmony, because all of their music has these just beautiful, soaring, weird harmonies to it.

And it has—

**Rachel:** It's just like you and your brothers.

**Griffin:** Just... well, hopefully. But their songs have that humor in it, too. Just like that super rye folk music humor, that like, satire that is just laced through them. So the opening track is called We, and it's just a song where they introduce themselves. And it opens with, "We are Maggie and Terre and Suzzy. Maggie and Terre and Suzzy Roche. We don't give out our ages, and we don't give out our phone numbers. Give out our phone numbers. Sometimes our voices give it out, but not our ages and phone numbers."

**Rachel:** [laughs]

**Griffin:** And they just go on to talk about like, how they're... now they were born in New Jersey, but now we live in New York City, but we have to get out of here before the shit hits the fan. But anyway, uh, yeah. Who have we worked with that's famous? Let's figure—like, this is all in the opening track of the song. Like, introducing themselves.

**Rachel:** [laughing]

**Griffin:** There's a song called Dear Mr. Sellack where one of them sings, like, begs her old boss for her job back after the music recording industry implodes. Uh, like... and during their stage performances, like, their banter is

just like, so, so good. Uh, but also on this album, like, sandwiched between those funny songs are like, these beautiful and oftentimes like, kind of sad, poignant, just incredible songs that just live alongside the goofier ones.

So I want to play a couple of tracks off the album. One of my favorite songs is called Runs in the Family. And it's got those like, great harmonies, and most of the album is just acoustic. Like, just a—usually just a guitar accompanying them. And instead of being like, satirical, it's this observational song about how sometimes, folks fall into patterns, established by earlier generations of your family, which in turn, like, makes you follow those patterns, and the future generations after you follow them, too.

So like, the thing they point out is, in their family, or at least in the family that is described in the song, getting married young due to an unplanned pregnancy is like a thing that sort of instills that idea in the next generation. And at that point, like, do you even have a choice in the matter? Like, it's a heady ass topic to go up right after a song about how everybody on this train is so sweaty. Like, that's pretty much where it lies. So here's a little bit of Runs in the Family.

[‘Runs in the Family’ by The Roaches plays]

**Griffin:** My favorite song on the album comes on right after that. It's like the next to last song, and it's called Quitting Time. I love it so much. I listen to it all the time. Uh, it's got those—

**Rachel:** It's really beautiful. Like, the—

**Griffin:** It's so good.

**Rachel:** The quality of their voices is so perfect.

**Griffin:** The quality of their voices is perfect, but the imagery of it is so, so incredible. It's such a poignant song, and I don't actually know what it means. Like, I—I read it as kind of a satirical like, eulogy for a retiring businessperson who is having trouble, like, adjusting to not working anymore and entering that chapter of their life.

Uh, but reading online, like, there's people who see it as this jubilant ballad of somebody leaving this job they didn't like behind to like, chase their

passions. I found a review from the New York Times back in like, 1975, which is I think when this album came out, that talked about it being about a workplace affair. And I was like, "Damn, New York Times from 1975, I didn't read it that way at all."

But it's got this imagery describing like, this uh, y'know, this industrial business skyline in the sunset, and leaving that behind. And the chorus is so amazing. It's uh, it goes, "You can go south in winter. Be what you are; a goose. You can live near the ocean. Your clothes can fit you loose." It's so fucking great!

**Rachel:** Oh, I like that a lot.

**Griffin:** So, here is a little bit of Quitting Time.

[‘Quitting Time’ by The Roches plays]

**Griffin:** Um, so yeah. I know I've talked about them before, but it's one of those things where just like, I think this album is so special. I like, uh, hunted it down on vinyl as quickly as I possibly could, which I really only do with albums that I think are really amazing. Uh, and it is wild to me that like, I did not—and I felt this way, uh, about Judee Sill as well, like, why I never heard about them. Like, why their names aren't written in the stars alongside Bob Dylan and Joni Mitchell.

I think one of them married Loudon Wainwright III, and they had a daughter who is making music now, or was in the 2000s. Like, there's this big family legacy there, and...

**Rachel:** Yeah.

**Griffin:** I mean, this is just my shit. It's three siblings just like, doing something that they love, and uh, the stuff that they made out of that is just so incredible.

**Rachel:** Like Marks brothers.

**Griffin:** Marks brothers.

**Rachel:** Well, I guess there were more than three though, weren't there?

**Griffin:** Super Mario Brothers.

**Rachel:** Yeah.

**Griffin:** Counting Wario. But not Waluigi. Get that shit out of here. He's a nephew at best.

I want to thank Bo En and Augustus for the use of our theme song—talking about good freaking songs.

**Rachel:** That is a very good song.

**Griffin:** Money Won't Pay. You can find a link to that in the episode description. Thanks for letting us use it. Thanks to Maximum Fun for having us on the network. You can go there, check out all the great shows like Story Break...

**Rachel:** And Bubble...

**Griffin:** And Mission to Zyxx...

**Rachel:** And Can I Pet Your Dog...

**Griffin:** And Beef and Dairy Network, and so many more. And we have stuff at McElroy.family. Bunch of new merch. Some fanny packs are up on there. It's wild, man. We're having a party.

**Rachel:** You can still get that Rachel's Poetry Corner pin.

**Griffin:** Rachel's Poetry Corner is good. And I think my throat is gonna be able to produce about, like, six more words.

**Rachel:** Yeah. Same here.

**Griffin:** So, let's... choose them wisely, okay?

**Rachel:** Uh, thank you to everybody that entered into the jumbotron drawing. It is now closed. But we had a lot of good folks turn out for that, and I hope you get your jumbotron up on the show.

**Griffin:** [strained] I ran out of words. I need to drink this word juice.

[theme music plays]

**Griffin:** I drank some word juice. I—[strained] Damn it.

**Rachel:** [laughs]

**Griffin:** [strained] Bye.

[theme music plays]

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**Speaker 1:** You gasped out loud at the shocking twists of Faceoff 2: Faces Wild.

**Matt:** He takes his kid's face.

**Will:** What? [laughs]

**Speaker 1:** Now, we're writing an entire screenplay week by week on Story Break, season two! Heaven Heist!

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