

## Wonderful! 104: Find A Thigh

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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:** I... don't have anything.

**Rachel:** Oh, well, that's a shame. You want me to go for a little bit?

**Griffin:** I know. You saw me like, flexing, and startin' to get the wind up going, but I don't actually have anything.

**Rachel:** Mm-hmm. Mm-hmm. We got some fall weather over the weekend, which was real exciting.

**Griffin:** And y'know, I was gonna say something about fall weather, but then I remembered how boring that would be.

**Rachel:** Well, it's super unique for us. Like, we have yet to experience anything below 80 degrees, and we got our first taste.

**Griffin:** It's true. Went outside.

**Rachel:** It was exciting.

**Griffin:** Made a shnowman. Uh, just like Calvin and Hobbes. It was pretty cool.

**Rachel:** [laughs] Mm-hmm.

**Griffin:** And what else did—big, uh, snowball fight down at the big park. Uh, the mayor came down, and we just had a great time. So... yeah, that's not a bad intro.

**Rachel:** [laughs]

**Griffin:** Talkin' about pumpkin spice lattes and how people who—if you say something funny like, “If you drink pumpkin spice lattes, you're bad! You are bad!”

**Rachel:** Millennials.

**Griffin:** “Millennials drink the pumpkin flavored coffee drink!”

**Rachel:** Yeah, what's next, avocado lattes?

**Griffin:** Oops. That's funny. That could be a good intro. Uhh... politics. Whoof!

**Rachel:** Mm-hmm.

**Griffin:** Something is always goin' on there.

**Rachel:** We put a slide on our deck.

**Griffin:** We put a slide on our deck. That's pretty good.

**Rachel:** That was a little moment of triumph for our son.

**Griffin:** Yeahhh. Rachel was like, “Wow, you really set that slide up very quickly.” And I said, “It was two screws that I had to screw downward.” Which is the easiest direction to screw a screw. I get so psyched when I get to screw a screw downwards so I don't have to hold it up or anything like that.

**Rachel:** Yeah.

**Griffin:** So yeah, that was fun. Okay, I think that's enough intro.

**Rachel:** Alright.

**Griffin:** This is Wonderful. This is a show where we talk about things that we like and we're into that is good. I'll do the small wonder first and give you time to think of it.

**Rachel:** Okay.

**Griffin:** Massaman curry is very good. I had it for dinner last night, and lunch today, 'cause that's how curry works, I think. I think curry is designed for leftovers, 'cause I always have—

**Rachel:** What makes it—what makes it, uh, massaman?

**Griffin:** Uh, it is a—it's extremely peanutty. Like, extremely, extremely peanutty.

**Rachel:** It's usually a brown, right?

**Griffin:** Yeah, yeah, yeah, yeah. Honestly, I'm not sure, other than the fact that it is like... like, um... light peanut butter, essentially, with potatoes and whatever the hell in it.

**Rachel:** Yeah. Works for me.

**Griffin:** But yeah, we have—we have a Thai rest—I mean, we have a ton of Thai restaurants in town that are all good. But there's one that I just started getting their massaman curry every time, and holy shit, it's really good. Do you have any small?

**Rachel:** I do, and it's actually a big wonder. I wanted to publically, again, 'cause I have done it personally, thank one Griffin McElroy for sacrificing himself so that I could go to ACL yesterday and see musical artists with our friends.

**Griffin:** Folks... we are on the wildest hot streak of...

**Rachel:** The last—

**Griffin:** Babysitter cancellations.

**Rachel:** Literally, the last three outings that we have planned over—this is like, several months. We have planned dates for ourselves, and had two different babysitters fall through all three times.

**Griffin:** So tired. So tired. Would love to leave the house with you, though. Damn.

**Rachel:** I mean, technically, we did. Our friend Bristol watched our son so we could go...

**Griffin:** Oh, we went and saw Sigrid!

**Rachel:** See Sigrid on Friday. And that was incredible.

**Griffin:** That was really cool. We met a bunch of y'all there, which was great. Uh, had a couple people tell us that that was like, how they found out about Sigrid, so...

**Rachel:** It was just real nice.

**Griffin:** It was really nice. It was really cool. Um, yeah. I think you go first this week. What is your, uh... what's your first little subject there? Ooh. On the laptop this time.

**Rachel:** On the laptop.

**Griffin:** Rachel's going digital.

**Rachel:** [laughs] Only this week. Don't get used to it.

**Griffin:** Okay.

**Rachel:** Alright. This is gonna open up a whole new world for us, alright?

**Griffin:** Oh shit.

**Rachel:** 'Cause I'm gonna say this, and then it's like, all... everything's on the table.

**Griffin:** Okay.

**Rachel:** My small—or, my regular wonder...

**Griffin:** Yeah?

**Rachel:** One might say... large wonder...

**Griffin:** Yeah?

**Rachel:** Hands. [laughs]

**Griffin:** [sighs]

**Rachel:** Just hands. Just hands are incredible and wonderful.

**Griffin:** Wow. Wow.

**Rachel:** Right? Anything can be—anything can be a topic now.

**Griffin:** So Rachel's eyes are kind of bloodshot, and she's staring at me in this sort of like, um, I would say panicked, but I know you're not panicked. But that's like, the face you're giving me right now. You are shuddering. Not shaking as much as you are shuddering, and so, that's... hm.

**Rachel:** It's like we had a room in our house that we didn't know existed, and I just opened the door.

**Griffin:** Yeah.

**Rachel:** And it was full of hands.

**Griffin:** This is the Terrace House wedding suite, where it's just, when two people get together, a door apparatus, and then you can go in there and I guess kiss and stuff? Um, okay, hands.

**Rachel:** Hands.

**Griffin:** Yeah, let's do it.

**Rachel:** How many bones you think are in these things?

**Griffin:** Uh, let me think. I know there's more than one bone per finger, so I know it's more than ten.

**Rachel:** Yeah.

**Griffin:** Uhh, you have a shit ton of like, metatarsals, but that's the foot, yes? Anyway...

**Rachel:** There's tarsals and metatarsals.

**Griffin:** There's tarsals and metatarsals.

**Rachel:** I think that's the foot.

**Griffin:** I think those are foot bones.

**Rachel:** Phalanges are up top. Right?

**Griffin:** Carpals? Is there metacarp... carpals?

**Rachel:** Yeah, that sounds right. That sounds right.

**Griffin:** Anyway. I'm gonna say, uhh... in each hand, or in both hands combined? In one hand?

**Rachel:** One hand.

**Griffin:** In one hand, I'm going to say there are 26 bones.

**Rachel:** You are so close, it's incredible. There are 27.

**Griffin:** [groans angrily] God! Ugh, damn, that would've been so tight!!

**Rachel:** [laughs] Wow.

**Griffin:** Shit, that would've been cool!

**Rachel:** You're so good at guessing!

**Griffin:** Thank you. I mean—

**Rachel:** Did you ever win one of those jellybean jars?

**Griffin:** Uh, yeah, but I did it by doing like a... uh, I counted the beans at the bottom, and then I counted from the bottom to the top, and then I counted from side to side, so I'd get width, depth, and height, and then I...

**Rachel:** You're acting like that's cheating, but that's like, probably the best way to do it. [laughs]

**Griffin:** I guess that's how you do it. Sure. Uh, yes, I have won once.

**Rachel:** 27 bones.

**Griffin:** Damn, I was so close.

**Rachel:** Um, I... I was thinking—I think a lot. So, I've mentioned this to Griffin. I have had a lot of trouble writing recently. But there's this idea I came up with over a year ago now, and put it in my phone. Uh, and I still haven't figured out how to work it into a poem. But... I wrote down the phrase, "The hand is also a cup."

**Griffin:** Huh.

**Rachel:** And I think about that a lot, of that like, a lot of the tools and things you purchase are things that you can actually just do with your hands. Y'know?

**Griffin:** Okay. I made jokes about you being like, high as hell earlier...

**Rachel:** [laughs]

**Griffin:** You're not getting any farther away from that. I mean, you're right, and that is an evocative line in a poem.

**Rachel:** Yeah. [laughing]

**Griffin:** But saying that your hand can be—why buy anything when you can do it with your hand? I'm just looking around the room. There's a hammer sitting on the floor. I was doing a little bit—

**Rachel:** Just a pound a nail with that fist.

**Griffin:** Pound that shit right in there with your big, powerful fist.

**Rachel:** Mm-hmm.

**Griffin:** Uh-huh. There's a computer.

**Rachel:** No, I was just thinking like, the act of bringing water to your mouth with your hand is kind of incredible in itself. Y'know, very like, um... y'know, prehistoric, I guess. Uh, and then, y'know, the shadow puppets, and the sign language, and the handshakes, and the... I mean, there's just—there's so much you can do with this thing. Y'know?

**Griffin:** [laughs]

**Rachel:** I don't understand why it's funny.

**Griffin:** Well, you've listed four, like, important functions I wasn't—

**Rachel:** But they're all very different things!

**Griffin:** They are very different things. But I will also add that there are a 112 million other things you can do with a hand.

**Rachel:** That's why I'm bringing it!

**Griffin:** Okay, cool.

**Rachel:** [laughs]

**Griffin:** I just wanted to make sure we're on the same page.

**Rachel:** Uh, there is an estimate. I don't know where this came from. But that the fingers on one hand are bent and stretched about 25 million times over the course of a lifetime.

**Griffin:** Hm.

**Rachel:** Uh, there are—

**Griffin:** [laughs] I'm a gamer, so...

**Rachel:** Yeah, so probably a little more than that. There are a total of 17 thousand touch receptors, uh, in your hand, and there are over 30 muscles in your hand.

**Griffin:** Cool.



**Rachel:** How incredible.

**Griffin:** Yeah. I um... I mean... I think some of mine have fused together, 'cause again, I am a gamer. And so, the muscles for jumping... the muscles for gettin' Master Chief gun... [grunts] Those ones are too big, and so other muscles had to leave, and now live in the wrist. I think that's what carpal tunnel is.

**Rachel:** Do you think your muscles work your way up into your hands? And so then, maybe they left?

**Griffin:** Ohh!

**Rachel:** They left your back, which is why your back hurts all the time.

**Griffin:** Maybe.

**Rachel:** And they migrated into your hands.

**Griffin:** Or maybe it's the way I'm literally sitting right now, almost criss cross applesauce, hunched over. Uh, that is the reason why.

**Rachel:** I read a lot about, uh, this thing called the power grip.

**Griffin:** Ooh.

**Rachel:** Which is the idea of the thumb and all four fingers coming together to create a locking mechanism.

**Griffin:** Okay.

**Rachel:** So a lot of times, you're using your thumb, your pointer, and your middle finger to do a lot of the kind of the pincer grasp that we learned about when our son was little.

**Griffin:** Right.

**Rachel:** But the idea of bringing the ring and the little finger around, creating the real power grip, like the real tight grasp.

**Griffin:** Ooh! Ooh, that does feel strong!

**Rachel:** [laughs]

**Griffin:** Holy shit! Wow, that's so strong! Give me something to schqueeze. I'm gonna crush this can. [can crushing sound] Oh my god!

**Rachel:** Wow.

**Griffin:** That was like nothing!

**Rachel:** [laughs] Uh, and then, y'know, of course, our thumb.

**Griffin:** [sighs] The humble thumb.

**Rachel:** The opposable thumb that really makes the difference between us and most of the creatures.

**Griffin:** Right.

**Rachel:** And y'know, the thumb wars. I didn't even bring up thumb wars earlier, but thumb wars. Paper, rock, scissors.

**Griffin:** Another thing you can do with hand. Yeah, man.

**Rachel:** High fives.

**Griffin:** High fives.

**Rachel:** Mm-hmm.

**Griffin:** Uhh... pleasure.

**Rachel:** Well, and... yes. Bringing food to your mouth.

**Griffin:** Hopefully you washed your hands first, though.

**Rachel:** [laughs]

**Griffin:** After the pleasure.

**Rachel:** I just, I—there are many wonderful things in the world. Some of them are, y'know, cute animals, and some of them are just havin' a hand attached to your arm that can do some incredible things.

**Griffin:** Yeah. It's true. Uh, can I do my first thing, speaking of cute animals?

**Rachel:** Yes.

**Griffin:** I have a new favorite holiday on earth, which is a big deal for me, 'cause I love my holidays. Um, sorry, Christmas. Sorry, Thanksgiving. Sorry, Halloween. All of 'em take a back seat to... fat bear week.

**Rachel:** Mm.

**Griffin:** Fat bear week is a special thing that's entered my life this year. It's been going on for a long time, but for whatever reason, it just like, made the news cycles this year.

**Rachel:** I hadn't heard of it until you told me.

**Griffin:** Yes. That was the same boat that I was in. It had its fan base before now, but I think this is the year where it's really blowing up, because I think this is the year where we really need to see these big bears. Uh, this is—I mean, it is kind of in the title. It is a week-long tournament of bears that live in the Katmai National Park and Preserve in southwest Alaska. It's a four million mile wide, um, stretch of land, and it is estimated that there are two thousand bears living there.

And they're very plugged in, this national park. They are very connected to the web. Very web-savvy. They have webcams where you can just go and watch live streams of streams with bears in them, getting salmon. Rachel's shaking her head no. What's wrong?

**Rachel:** See, now I am thinking of this as a competition among the bears, and thinking of a reality television program in which the bears do testimonials where they talk about how they're not there to make friends...

**Griffin:** Right.

**Rachel:** And y'know, they're bulkin' up for fat bear week.

**Griffin:** Yeah, that would sully the majesty of fat bear week. I want to stress – these bears are not the subject of mockery. This is not what fat bear week is all about. It is about these bears that are getting ready for hibernation by eating a metric shit ton of food.

**Rachel:** Yes. Yes.

**Griffin:** Up to—estimated up to 40 pounds of food a day. Holy shit. Holy shit.

**Rachel:** Wow.

**Griffin:** And the reason they do that is because, y'know, when they sleep through the whole damn winter, they lose a third to a half of their total body weight. So when they wake up, they have—they have disintegrated, essentially, so they need to get uh—they need to become absolute units before that happens.

And so, fat bear week is sort of a celebration of this hard work and dedication, and it's that joyousness of the event and the thing it is celebrating that makes it just so, uh, just so endearing. These big, beautiful bears could survive a meteor impact, they are so big and wonderful.

**Rachel:** So, to clarify, it's not like a hot or not, bear versus bear...

**Griffin:** It is a hot or not bear to bear...

**Rachel:** Oh, okay, okay, okay.

**Griffin:** Well, there's a tournament, and they stack two bears against each other, and then it goes through the whole week, fat bear week, until you end up with just one. This year... the names are great. I found this really interesting. The Katmai rangers who like, arrange the um, y'know, the contest, and obviously care very much about these animals, they try not to anthropomorphize them, because they think it's important not to do that with wild animals living in a wild setting, which was fascinating to me.

But uh, some of them do have like, names that have just stuck. But mostly, it's a three-digit number that they are. So, last year's winner was... let me find it... uh, Bead Nose. 409, Bead Nose. And this bear was so—like, its belly dragged on the ground as it walked. It was so dope.

**Rachel:** Oh, that's good.

**Griffin:** Bead Nose didn't show up this year. Went MIA. Nobody's quite sure where Bead Nose is. I've got an APB out. We're gonna look out for Bead Nose this year. We're lookin' at 747, or 747, which is very appropriate. And uh, another favorite was 435, Holly, and they went up, and 435 Holly took the crown. Congratulations, 435 Holly. You are so big. I have never loved an animal so much. I would die for you, 435 Holly.

**Rachel:** I was so worried about Bead Nose now, because a part of me wonders if the other bears...

**Griffin:** Oh.

**Rachel:** Y'know, dethroned him in a more sinister way.

**Griffin:** It's possible Bead Nose stocked up on so much shit, that like—

**Rachel:** Still sleepin'.

**Griffin:** They're sleepin' through next—he's gonna get two. There is an amazing NPR story about this where they interviewed a park ranger named Naomi Boak, who uh, was a fan of 747. And—[laughs] She had a quote where she said, "He was so big, he looked like he was ready to hibernate in July. He's the size of two bears."

**Rachel:** [laughs] Ohh.

**Griffin:** There's just so many good things about this story. Like, hibernation is super neat. The amount of work that goes into it is admirable.

**Rachel:** Yes.

**Griffin:** And deserves praise far and wide. Uh, and Katmai just seems really beautiful, and they're just like, really jovial about this whole thing. Again, like, you can watch streams. I spent a long time today watching some highlights of these bears just like, catchin' salmon.

**Rachel:** I love the idea, too, of like, hibernation hacks, where like, the bears have worked together to say, "Okay, y'know what? Here's what I do. Here's my regimen." Y'know? "I eat 75 fish. You can't stop there. You gotta

keep goin', so I'll drink some water. And then, three o'clock, I go back. But this time, berries."

**Griffin:** Yeah.

**Rachel:** And they're just like—they've figured out...

**Griffin:** [laughs] Somebody gave them The Rock's eating schedule.

**Rachel:** [laughs] Yeah.

**Griffin:** What was it? Where he ate like, uh, some white fish every like, 35 minutes.

**Rachel:** Yeah.

**Griffin:** Yes. So, another really good thing about it, and this is a slight bummer, is that the ecosystem up there is changing because of global warming, and so it's like, thought that it is going to be tougher for these bears to get nice and big. And y'know, a side effect of that is like, lots of people are paying attention to fat bear week now, and therefore, lots of people are paying attention to this like, precious ecosystem that is uh, being affected, and hopefully taking action about it.

Which, speaking of, if you, like me, enjoy these bears, please go look at these bears. They're wonderful. You can become a supporter of Katmai if you go to [KatmaiConservancy.org](http://KatmaiConservancy.org), and you can support them. You and I have a pin comin' our way.

**Rachel:** Oh!

**Griffin:** A pin that has a big bear on it, very excited to get this pin in the mail.

**Rachel:** That's great. So when you support them, are you just like, buyin' them like a big... pile of...

**Griffin:** Send 'em some McDonalds. Yeah.

**Rachel:** [laughs] Just a big pile of peanut butter jars.

**Griffin:** Yeah. [laughs] Yeah, you guys are gonna... you don't know about this shit yet. You're gonna love it. I'm just gonna drone drop some of my favorite, uh, sinful cheat day... here's a bunch of—from me, it would just be like, here is a whole big travel bag of Sour Patch Kids. Enjoy, bears. Oh, you don't like it. Yeah. You are bears.

Hey, can I steal you away?

**Rachel:** Yes.

[ad break music plays]

**Griffin:** Gonna tell you about Dylan Moskowitz, and this is a... Dylan is just... someone.

**Rachel:** What do you think has happened to Dylan? Because I've been hearing a lot of these Zip Recruiter ads.

**Griffin:** Yeah, he's poppin' off.

**Rachel:** They're always talkin' about Dylan. I feel like Dylan's life must've changed.

**Griffin:** Dylan's really hot right now. He's the COO of Café Altera. He needed a new director of coffee, he went to Zip Recruiter, posted the job, found the best person for the role in just a few days, because Zip Recruiter's technology? It finds people with the right experience, and it invites them to apply for your job. And four out of five employers who post on Zip Recruiter get a quality candidate within the first day. Be like Dylan. Succeed. Become the podcast star.

Nobody's been this hot in podcast advertising since like, Mail Chimp. Dylan has taken the Mail Chimp crown.

**Rachel:** Earn your Dylan badge.

**Griffin:** Earn that Dylan badge by going to uh, [ZipRecruiter.com/Wonderful](https://www.ziprecruiter.com/Wonderful), and you can try Zip Recruiter for free. That's [ZipRecruiter.com/Wonderful](https://www.ziprecruiter.com/Wonderful). Zip Recruiter: The smartest way to hire.

**Rachel:** Can I tell you about our next sponsor?

**Griffin:** Of course you can.

**Rachel:** It's Rothy's!

**Griffin:** Hi Rothy's!

**Rachel:** I am super excited about Rothy's right now. They've got some fall looks out there.

**Griffin:** Oh shoot.

**Rachel:** They got kind of a pink shoe, which I'm really thinkin' hard about. Like a pink loafer?

**Griffin:** Alright. Mm.

**Rachel:** And um...

**Griffin:** Don't just think about it. Take the plunge.

**Rachel:** I'm thinking about it, though, and I may take that plunge. But first, can I tell the listeners about Rothy's?

**Griffin:** Yes, of course.

**Rachel:** Okay. Uh, we've mentioned it before. They are made out of recycled plastic water bottles. Uh, but they include fun designs and color, as I mentioned. And so, they're not just good for the environment, they're just—they look good on your feet.

**Griffin:** Yeah, absolutely.

**Rachel:** Uh, they always come with free shipping and free returns and exchanges, so there are no worries involved. Go to [Rothys.com/Wonderful](https://Rothys.com/Wonderful) to get your new favorite flats. That's [Rothys.com/Wonderful](https://Rothys.com/Wonderful). Comfort, style, and sustainability – these are the shoes you've been waiting for. Head to [Rothys.com/Wonderful](https://Rothys.com/Wonderful) today.

**Griffin:** Did you spell it?

**Rachel:** No.



**Griffin:** That's R-O-E... nope.

**Rachel:** [laughs]

**Griffin:** [laughs] That's R-O-T-H-Y-S.com. That's the song I wrote for them.

**Rachel:** Slash Wonderful.

**Griffin:** Slash Wonderful. Okay. Here's a message for future Cici from past Cici, who says, "2019 isn't what you expected, huh? I'm so proud of you for chasing your bliss and not letting fear get in the way. Keep looking for small wonders and you will find them. Maybe big ones, too. Shout out to my dog Buffy, to Kat for talking me into TAZ, and to every other friend listening now. You guys rock! Best, Past Cici." I don't know why I said it like that.

**Rachel:** [laughs]

**Griffin:** Did you hear that? Be-e-e-est.

**Rachel:** I like both Cicis.

**Griffin:** Yeah, sure.

**Rachel:** Y'know? I don't know what present Cici is doing, but past Cici is a good indication that present Cici is also good.

**Griffin:** Just hope future Cici doesn't come back to try to assassinate past Cici in an either Looper or Gemini Man, I haven't seen it yet, style. But boy, we gotta get out to Gemini Man. This is two Will Smiths fighting each other in 120 frames per second.

**Rachel:** Is that what it is? I don't know anything about it other than that it's Will Smith.

**Griffin:** It's not Will Smith. It's Wills Smiths.

**Rachel:** [laughs] Do they interact with each other?

**Griffin:** They fight each other!

**Rachel:** Oh, Griffin. We may have to do another bonus episode.

**Griffin:** [laughs] What's your—can you read the next message?

**Rachel:** The next message is for Taylor. It is from Allison. "Happy 30<sup>th</sup> birthday to the queen of the magic harp herself, Taylor Wilkerson! Sorry I left the 'mansion' to return to New Jersey, but consider this jumbotron as a promise to return to Pittsburgh again soon. Thanks for introducing me to the McElroy clan, and I think you're cuter than Fiona the Hippo. Oh crap, I forgot my tea on the counter again."

**Griffin:** Let's not go saying things that we can't take back.

**Rachel:** Mmm.

**Griffin:** About Fiona the Hippo. That's a good hippo.

**Rachel:** That's a really good hippo.

**Griffin:** I take it back. I would die for that hippo. That's the order.

**Rachel:** And the bears?

**Griffin:** No. If there was a bullet—if there were two bullets coming for either of them, I would jump in the way of the—y'know, but the hippo could take one shot. And y'know what? The bear could take one. But not me. I take it back.

[music plays]

**Amy:** Hello, this is Amy Mann.

**Ted:** And I'm Ted Leo.

**Amy:** And we have a podcast called the Art of Process.

**Ted:** We've been lucky enough over the past year to talk to some of our friends and acquaintances from across the creative spectrum to find out how they actually work.

**Amy:** And so, I have to write material that makes sense, and makes people laugh. I also have to think about what I'm saying to people.

**Speaker 1:** If I kick your ass, I'll make you famous.

**Speaker 2:** The fight to get LGBTQ representation in the show.

**Speaker 3:** We weirdly don't know as many musicians as you would expect.

**Speaker 4:** I really just became a political speech writer by accident.

**Speaker 5:** I'm realizing that I have accidentally pulled my pants down.

**Ted:** Listen and subscribe at [MaximumFun.org](http://MaximumFun.org), or wherever you get your podcasts.

**Speaker 6:** It's like if the guinea pig was complicit in helping the scientist.

**Rachel:** Can I tell you my second thing?

**Griffin:** Yes.

**Rachel:** Okay. This one... y'know, I can't tell if you really enjoyed the hand or not, but I feel like you'll be on board for this one.

**Griffin:** I loved the hand.

**Rachel:** You did?

**Griffin:** I loved it.

**Rachel:** Okay.

**Griffin:** Is this—but if this next one's feet, I'm gonna walk out of this studio.

**Rachel:** No, it's not. [laughs]

**Griffin:** Because you're gonna take that in a direction that I am not comfortable with.

**Rachel:** [laughing] No, this is all about, uh, waste management systems.

**Griffin:** ... Alright.

**Rachel:** I am very, very grateful that I can put trash out on a curb, and it is taken away from me.

**Griffin:** Right.

**Rachel:** And I think that that whole service deserves a little recognition.

**Griffin:** All of it, man. We just got a composting bin.

**Rachel:** We did.

**Griffin:** We have recycling bin, and we are always filling that fuckin' thing up. Uh, and we just got this composting bin, and now I'm having to like, change my whole world view around this bin. I love all our bins.

**Rachel:** I know. I know. Uh, so I wanted to talk a little bit about kind of the humble beginnings of waste removal. There are roots, of course, in Ben Franklin.

**Griffin:** As there are in so many of our trash related advancements.

**Rachel:** [laughs] He started the first street cleaning service, and encouraged the public to dig pits to dispose of their waste.

**Griffin:** Okay. Not bad. Probably—I also am not sure how we do it today. I just assumed that's what was up.

**Rachel:** Yeah, I mean, y'know, in the olden days, and you've probably heard about this on Sawbones, actually, because this is the roots of the plague are in this. People just leaving their decaying matter out in the street.

**Griffin:** Right.

**Rachel:** Nobody would do anything about it, and people would get sick.

**Griffin:** Why would people go out—if I went outside, and there was like, dookie and empty White Claws everywhere, like... I would stop going outside.

**Rachel:** [laughs]

**Griffin:** Which I kind of already have, so...

**Rachel:** Of all the two things that you would pick there, that was an interesting... that was a real Mad Libs style combination.

**Griffin:** Thank you.

**Rachel:** Uh, so, the roots in the American system, 1885, New York developed the first comprehensive system for garbage management. Um, but this was a long road ahead of that. [laughs]

**Griffin:** [laughs]

**Rachel:** Uh, it wasn't until 1914 that they started incinerating garbage.

**Griffin:** Right.

**Rachel:** Um, and there were about 300 of them in operation from the US through Canada. And then, during this period, they were doing the horse-drawn system.

**Griffin:** Right, where they would—

**Rachel:** So like, a horse carriage would take away your garbage.

**Griffin:** Right. We didn't have the big chomper yet.

**Rachel:** Um, then we turn to motor cars. Um, but this still involves the drivers like, y'know, physically lifting the garbage up to put into the truck, which was very hard on these individuals. Uh, around 1920s, the rear loader was developed. It lifted the garbage can from the back to the top of the truck and allowed more efficiency.

**Griffin:** Okay.

**Rachel:** So here's—

**Griffin:** Baby steps.

**Rachel:** Yeah. And how much do you remember... I still get kind of a thrill watching that can go up there and dump the trash in. [laughing]

**Griffin:** Yeah. I mean, now it's all robots I feel like.

**Rachel:** Yeah.

**Griffin:** Or—sorry, it's robot arms that grab the cans and fling it in, which is like... that's a big wonder right there. Holy crap. That's great.

**Rachel:** Mm-hmm.

**Griffin:** Uh, but I also remember like, being younger in Huntington and like, watching the guys go by and grab it and throw it in the back.

**Rachel:** Yeah. Well, and this is what's crazy. So, in 1915, they change—or sorry, not—1950. [laughs] That's a big difference there.

**Griffin:** Okay. [laughs]

**Rachel:** In 1950, they changed to the side load process, which was the hydraulic powered blade.

**Griffin:** Whoa. What is that?

**Rachel:** It like—it packs the garbage in there.

**Griffin:** Oh, okay, so that's when it started chomping.

**Rachel:** Mm-hmm.

**Griffin:** Okay.

**Rachel:** Mm-hmm. Okay, so trash collecting is a super dangerous job. Not just because a lot of people are lifting heavy things, but also, they're out in the middle of the road.

**Griffin:** Right.

**Rachel:** Austin, in September, 2019, just came up with a law, which is part of a national effort to get motorists to move over and slow down for waste collection vehicles.

**Griffin:** Oh!

**Rachel:** So this just started in September, which is the idea that, y'know, you could get ticketed if you're observed like, not obeying this law.

**Griffin:** Okay.

**Rachel:** Which is a good step. I um, also found that like, something like 99% of, y'know, waste management people are men. But there is, y'know, there is one percent that are women out there, and it's important, y'know, to recognize that. Um, this is just one of those services that is so necessary, that makes my life so much easier.

**Griffin:** All our lives.

**Rachel:** And I am so grateful that it exists. Um, especially in those early days of Henry, where we—our garbage can was just constantly full.

**Griffin:** Of human waste.

**Rachel:** Yes. [laughs]

**Griffin:** For the most part.

**Rachel:** Yes. [laughs] Yes. Uh, and I—I think about it every time our garbage is picked up. It's just like, oh, thank god.

**Griffin:** Thank you. I don't know what I would do without you.

**Rachel:** Yes.

**Griffin:** Whatever I do would be extremely shortsighted and extremely, like, unhealthy. Whatever it is.

**Rachel:** Yes. Mm-hmm.

**Griffin:** I would just hide it under the house.

**Rachel:** [laughs]

**Griffin:** I think is where it would go. Hey, can I tell you about my second thing?

**Rachel:** Yes.

**Griffin:** My second thing is... fun, autumnal... autumnal farm fun.

**Rachel:** Okay.

**Griffin:** Autumnal farm fun.

**Rachel:** Okay.

**Griffin:** I'm lumpin' a few things in with this. Uh, when I think about like, my most powerful sense memories, I'm talkin' about autumnal farm fun. Like, I can remember extremely clearly, a night where I think I was with my church youth group, and we were out at a farm outside of Huntington, and I was on a hay ride after going on a corn maze, so my feet were all like, muddy, and I got on a hay ride with my friends, and me and one of my friends were talking about our crushes on this hay ride while we were listening to Sugar Ray.

**Rachel:** [laughs]

**Griffin:** And it was really cool out, and I just had some cider. Like, I remember everything about that hay ride. And my memory is like, garbage, especially from when I was a kid. But I remember so much about that night, because it's just... all kinds of autumnal farm fun were happening.

**Rachel:** Now, when you say listening to Sugar Ray...

**Griffin:** Yeah.

**Rachel:** Was Sugar Ray on the hay ride?

**Griffin:** It was on whatever was, uh... the vehicle that was towing the hay wagon was playing some Sugar Ray.



**Rachel:** Oh, see, I like it better if the band, Sugar Ray, was sponsoring the hay ride.

**Griffin:** [laughs]

**Rachel:** [laughs]

**Griffin:** Maybe. No, this is when Sugar Ray was like, hot as hell. Uh, which actually, that could've been any time, including today. So, I apologize for not being more specific. I just love, y'know, farm fun around the fall. Fall farm fun. Pumpkin patches, corn mazes, hay rides, apple picking... whatever, man. I like it all.

There's an apple—or, there's a pumpkin patch, like, farm adventure zone—area here in Austin that we take, uh, we've taken Henry to before, and it's just a bunch of pumpkins.

**Rachel:** Apparently it's even better now. Our friends just went over the weekend, and there are even more new exciting features. There's like an archery section now.

**Griffin:** Do you shoot the pumpkins?

**Rachel:** Y'know, I don't even know.

**Griffin:** I don't want to shoot the pumpkins.

**Rachel:** I just know that there's archery.

**Griffin:** Okay. There's slides and stuff, and tether ball, but there's also biiig pumpkins.

**Rachel:** Yeah, and fun fall foods, and musical acts, and...

**Griffin:** Yeah. Tether ball. Did I say tether ball already?

**Rachel:** You did say tether ball.

**Griffin:** It's fun. It's a good game. Um, yeah. And when you're—it's the weekend, and you have a toddler? Sometimes you just need a place to be. Do you know what I mean?

**Rachel:** [laughs] Yeah.

**Griffin:** Sometimes you just need to be at a place.

**Rachel:** Yeah.

**Griffin:** Uh, and it's good for that. Hay rides, I have a special like, fondness for. Although, I do think that all these fall farm fun acti—it's hard to say that. Fall farm fun activities are designed to just like, yolk money from city slickers like myself.

**Rachel:** Y'know, I don't think I've ever been on a hay ride.

**Griffin:** You're kiddin' me?

**Rachel:** I don't think I have. See, the big thing in Missouri was apple picking, and you did have to ride out on a—like a cart style vehicle to get to the apples. But I don't remember there being hay on it.

**Griffin:** I have never gone apple picking, 'cause I am not sure where you do that. I don't think they have 'apple' here in Austin.

**Rachel:** No.

**Griffin:** All my friends in New York have 'apple'.

**Rachel:** I mean, you need a fall season, which we do not have.

**Griffin:** Yeah, which we do not get. And so, do I have to go to New York for apples?

**Rachel:** I mean, they do have apples in Missouri. I did do the picking there.

**Griffin:** What kind? Do you get to decide which kind you pick? Is it like the World of Coke museum where you get to try all the different apples?

**Rachel:** Oh gosh, I can't remember if there are multiple varieties of apple there. Why, is that a dealbreaker for you?

**Griffin:** Kind of, yeah.

**Rachel:** [laughs]

**Griffin:** I want to have a options wherever I go. `Cause what if I eat one apple and it's nasty? I want to try another one. I can never remember what kind of apple I like. Do you know what kind of apple you like?

**Rachel:** Uh, yes. I mean, honeycrisp.

**Griffin:** Honeycrisp. Mm.

**Rachel:** Uh, gala is pretty good.

**Griffin:** Yeah.

**Rachel:** Don't like red delicious.

**Griffin:** No, no.

**Rachel:** That's a real misnomer.

**Griffin:** Well, that's a bacon apple. That's a—you have to put some other shit on that to make it taste good.

**Rachel:** Mm-hmm.

**Griffin:** Anyway, uh, hay rides. Hay rides actually have a history of like, let's take these uh, city folk for all they're worth by charging them to ride around on hay. Because hay rides used to be like, a thing you did in the hay farming season, like, because you would have to take the hay from one place to another. And you would just have somebody in there with it.

**Rachel:** Ohh.

**Griffin:** And it was like, kind of a sweet gig, `cause you got to like, chill out for just a little bit during this like, really hectic time. Um, and then, the idea of hay rides was kind of like, romanticized in like, uh, early literature. Uh, and so, like, kids' books especially. And so, people from the city started to like, come out to like, show their kids these hay rides and go on them.

The hay ride, as we know it, has changed, because back then, it was literally like a huge pile of slippery, wet hay that you would ride 15 feet off the

ground on top of. [laughs] And so, they stopped doing that, and now it's mostly just wagons with a few hay bales in it.

**Rachel:** Yeah.

**Griffin:** Um, but I always—I always thought it was so romantic. Don't you think so? A hay ride? It's so romantic.

**Rachel:** I mean, all I can think of is how itchy it is, though.

**Griffin:** It's not itchy. You're wearing jeans and a light jacket.

**Rachel:** Mmm...

**Griffin:** The light jacket's protecting you, and if it's hay bales, like, there's not a lot of stragglers jabbing out.

**Rachel:** I mean, okay, here, let's think about this. Okay. Regular truck.

**Griffin:** Yeah.

**Rachel:** Just sitting in the back of a regular truck, fall season, listening to music, driving around slowly.

**Griffin:** Ew. Ew. Is that truck bed clean? Probably not.

**Rachel:** Sure.

**Griffin:** It's probably not.

**Rachel:** [laughs] I'm just saying, maybe it's the act of being outdoors in a slow moving vehicle in the fall season, more than it is the hay itself.

**Griffin:** Now, in that farm outside of Huntington, they didn't go very slow. They would haul ass on these hay rides.

**Rachel:** [laughing]

**Griffin:** 'Cause what's the worst that's gonna happen? You fall into hay?

**Rachel:** Yes!

**Griffin:** Or off the car. There's no hay.

**Rachel:** Off the car!

**Griffin:** There's probably no car—there's no hay outside of the car.

**Rachel:** How many people you fittin' in one of those hay rides?

**Griffin:** Y'know. Six to 18.

**Rachel:** [laughs]

**Griffin:** [laughs] Depends on how big of—

**Rachel:** So it can be kind of an intimate, romantic group, or it can be just way too many people and a little scary.

**Griffin:** You sit close to your uh, y'know, your SO, thigh to thigh. Jeans to jeans. Listening to Sugar Ray. That's nice.

**Rachel:** I thought you said 'find a thigh.' [laughs]

**Griffin:** Did I say 'find a thigh'?

**Rachel:** No, I think you said 'thigh to thigh.'

**Griffin:** Oh, yeah.

**Rachel:** But I heard it as—

**Griffin:** "Find a thigh"? [laughs]

**Rachel:** [laughing] I heard it as 'find a thigh.'

**Griffin:** That sounds like... y'know how you occasionally see commercials for like, party games from the 1960s, and they are all...

**Rachel:** That's what Twister used to be called. [laughing]

**Griffin:** Yeah. They're all like, exclusively like, very sexual. I saw one of those, like recently, like, somebody posted on Facebook, like, "'60s kids! Memba this?" And it was just like, a hoop, and it was like, "Try to get two people through the hoop at the same time!" And it's like, hey, '60s moms and dads? Y'all were so fucking horny. Y'all were so horny all the time.

And I realize that like, my generation can't say anything about that, but like, good lord. Just like, don't frame it—I don't want Milton Bradley to be involved with you two, like, y'know, gettin' intimate.

**Rachel:** [laughing] Keep it up, kids! Get a little closer!

**Griffin:** Tie your belts together in this new game from Hasbro! Uh, corn mazes are dope, too. You ever done a haunted corn maze? Ooh.

**Rachel:** I don't think I've ever done a corn maze, Griffin. I'm realizing—

**Griffin:** Oh my god!

**Rachel:** I am realizing that your life is much more wholesome than mine.

**Griffin:** You're *just* now realizing that?

**Rachel:** [laughs] I guess I could've put that together earlier.

**Griffin:** Are you out of your mind?

**Rachel:** I just—I grew up in a very Midwestern area where things like hay rides and corn mazes were aplenty, and somehow, I never set foot in either.

**Griffin:** Yeah, well, let me tell you. Haunted corn maze? Extremely, extremely scary. Things are chasing you. You can't see them all the time. It's extremely scary.

**Rachel:** I did go to an outdoor haunted event, but I don't remember a maze being incorporated into it.

**Griffin:** Scary. It's scary.

**Rachel:** I bet.

**Griffin:** Now, a regular corn maze? Still very scary. 'Cause you think, the whole time, something's gonna come out of that corn at you, even though it hasn't been advertised as a haunted corn maze.

**Rachel:** Can I ask you a logistics question?

**Griffin:** Yes.

**Rachel:** So, corn mazes...

**Griffin:** Mm-hmm?

**Rachel:** I guess it's held on farmland where people are already growing corn? Or is it brought in for the maze purpose? I'm very confused as to how a corn maze is constructed.

**Griffin:** Pretty sure with corn... I don't know that they bring the corn in.

**Rachel:** Like, where did your corn maze take place?

**Griffin:** At a farm. So yes.

**Rachel:** Okay.

**Griffin:** I imagine that they are—

**Rachel:** They aren't like, dropping corn stalks into Ritter Park.

**Griffin:** ... No.

**Rachel:** Okay. Okay.

**Griffin:** That would be wild.

**Rachel:** I was very confused about how this worked.

**Griffin:** I don't think that's how corn even works.

**Rachel:** I don't think so either. [laughing]

**Griffin:** Corn is the best thing. I'm glad it's a corn maze, 'cause corn is like, undoubtedly the scariest vegetable. It's so tall. It's pointy like a knife.

**Rachel:** The little sound it makes.

**Griffin:** The sound it makes?

**Rachel:** Y'know, when the wind whips through.

**Griffin:** Give me that—can I have that sound?

**Rachel:** [makes a windy sound]

**Griffin:** [whispers] Corn corn corn corn corn corn corn. It says its own name.

**Rachel:** [laughs] Corn corn corn.

**Griffin:** I hate that. Uh, but I love corn maze. I don't know man, I just love... I love—I think I just love fall, and I think I romanticize it so much 'cause we get it for like, eight days here in Austin.

**Rachel:** I know.

**Griffin:** But that's okay. I had plenty—I had a nice, long life of fall before I moved here into Eversummer. Uh, I think that's it. You want some submissions from our friends at home?

**Rachel:** Yes, I would love it!

**Griffin:** Kaylee says, "I've had the pleasure of going to an NHL game and an NFL game this weekend, so my wonderful thing this week is when people see themselves on the jumbotron. That moment of seeing someone talking to a friend or family member, then immediately perking up and dancing while they see themselves on the screen is absolutely delightful to see. I love to see different people's smiles."

**Rachel:** Yes. Oh, that's so true. And also, can I tell you? We're in this weird sweet spot right now where baseball, hockey, and football are all happening.

**Griffin:** Wow.



**Rachel:** Isn't that kind of weird?

**Griffin:** That is a little bit weird.

**Rachel:** Yeah.

**Griffin:** I think hock—I think I might do hockey this year. I think I might watch hockey like a regular sports fan would. Isn't that weird?

**Rachel:** I know. I've kind of started thinking, "Okay, maybe instead of just waiting until the play offs..."

**Griffin:** Right, we've watched every Blues game so far.

**Rachel:** I'll watch the whole season.

**Griffin:** It's very strange to me. I haven't done that since like, 2010, I watched, y'know, not even all the Reds games, because that would be wild. I haven't done that in a long time.

**Rachel:** It's weird to watch it when the stakes are so low. [laughs]

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

**Rachel:** Where like, you still want them to win, but if they lose, it doesn't really matter.

**Griffin:** Uh, I have one more here. This one's from Julia who says, "My wonderful thing these days is cushioned insoles. They make cute shoes into comfortable shoes."

**Rachel:** [laughs] I love this small wonder.

**Griffin:** That's a really good one. When I was working as the ticket taker at the movie theater, I had—

**Rachel:** Did you have some insoles?

**Griffin:** Oh my god, yes. I had to have them. Really, any job at the movie theater other than like, the cleaning crew.

**Rachel:** 'Cause of the like, cement floor on your feet all day.

**Griffin:** Yes. It sucked so bad. Concessions, too. Like, you just can't sit down.

**Rachel:** I worked at World Market for several years, and the floor literally was cement. There was like, nothing at all.

**Griffin:** No bounce there. Yeah.

**Rachel:** Yeah.

**Griffin:** Uh, thank you to Bo En and Augustus for the use of our theme song, Money Won't Pay. You can find a link to that in the episode description. And uh, to Maximum Fun for having us on the network.

**Rachel:** Thank you, Maximum Fun, for hosting our show, and all of the other great shows that you can find on the network, like One Bad Mother...

**Griffin:** Switchblade Sisters...

**Rachel:** Heat Rocks...

**Griffin:** Heat Rocks. Beef and Dairy Network. Beef and Heat Network. That little collabo that they're working on. Very excited for that. Yeah, that's all at MaximumFun.org. We have other stuff at McElroy.family. And to take us out, I'm going to show Rachel some pictures of big bears, and uh, you all will get to listen to the sounds that she makes.

**Rachel:** Yes!

**Griffin:** That's 435, Holly. That's my...

**Rachel:** [laughs] Oh my god.

**Griffin:** Yeah, you can see...

**Rachel:** Ohh, the rolls.

**Griffin:** So good!

**Rachel:** I wish they had like, before and after.

**Griffin:** They do.

**Rachel:** Oh. What a wonderful site this is.

[theme music plays]

MaximumFun.org.  
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[music plays]

**Raleigh:** I'm Raleigh Smirl.

**Sydnee:** I'm Sydnee McElroy.

**Taylor:** And I'm Teylor Smirl.

**Sydnee:** And together, we host a podcast called Still Buffering, where we answer questions like...

**Raleigh:** Why should I not fall asleep first at a slumber party?

**Taylor:** How do I be fleek?

**Sydnee:** Is it okay to break up with someone using emojis?

**Taylor:** And sometimes we talk about butts.

**Raleigh:** Nooo we don't. Nope.

**Taylor:** [laughs]

**Sydnee:** Find out the answers to these important questions, and many more, on Still Buffering, a sisters' guide to teens through the ages.

**Raleigh:** I am a teenager...

**Sydnee:** And I... was... too.

**Taylor:** [simultaneously] And I... was... too. Butts. Butts, butts, butts butts.

**Raleigh:** Nooo. [laughs]