

Still Buffering 189: How to Cereal

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[theme music plays]

Raleigh: Hello, and welcome to Still Buffering, a sisters' guide to teens through the ages. I am Raleigh Smirl.

Sydnee: I'm Sydnee McElroy.

Taylor: And I'm Teylor Smirl!

Sydnee: Uh, sisters, I had a disturbing experience with my eldest child.

Raleigh: [holding back laughter] Your five year old.

Sydnee: Yes.

Taylor: Okay.

Raleigh: [laughs]

Sydnee: She's the—she's the oldest.

Taylor: Your bigger babby.

Raleigh: Yeah.

Sydnee: The older of the—[laughs]

Raleigh: She is still—

Taylor: You got two babies.

Raleigh: —yeah.

Taylor: She's a bigger baby.

Raleigh: Yeah. She is still, in fact, a baby.

Sydnee: I, uh... I had put them to sleep, both my children, and... I don't always peek my head in to check on them. I usually know. Like, if they're awake, they let me know.

Raleigh: That's your first mistake.

Sydnee: But—

Raleigh: You put too much trust in her.

Sydnee: I—I went in to check to make sure that Charlie was actually asleep, just to be cer—I don't know what made me think, like, "I... I hope she was really asleep." And I found her.. on... I'm gonna say her iPhone, and I'm gonna get flack for that. She—it's one of my old iPhones.

Raleigh: It also doesn't have cell service, right?

Sydnee: No. It's—it was just one of my old iPhones that after—

Raleigh: It's like a small iPad. [laughs]

Sydnee: Yeah. After I deactivated it, she said, "Can I keep it?" and I said "Sure," 'cause you can still get WiFi on it and watch YouTube videos and stuff, so... so it is not—we did not purchase her a cell phone. It doesn't make calls, but she can watch YouTube on it.

Raleigh: Yeah.

Sydnee: Uh, but she had it in her room, and she had waited 'til I left and then pulled it out, and was watching it.

Raleigh: [laughs quietly]

Sydnee: And so I assume, like, "Ah. Weird videos."

Raleigh: Weird videos.

Sydnee: Y'know. Some—

Rileigh: Peppa Pig.

Sydnee: —some—[laughs quietly] Well.

Rileigh: [laughs]

Sydnee: It's YouTube, so it's never *quite* Peppa Pig?

Rileigh: Like today, Cooper was watching Peppa Pig that was simultaneously, I think, in, like, Chinese and Russian and Japanese—

Taylor: Sure!

Rileigh: —like, all the languages.

Taylor: She's just multitasking!

Rileigh: But it was just Peppa Pig. Yeah.

Sydnee: She does like to watch... [holding back laughter] Peppa Pig in various languages is a favorite of Cooper's.

Rileigh: I've tried to ask her if she wanted it in—in... Cooper—Coopie words. She was like, "No. This good."

Sydnee: "This is good."

Rileigh: "This good."

Sydnee: "I enjoy this." As long as they go... [pig noises] She's happy. That's—

Rileigh: And then every time they do she just goes, "Peppa!" [laughs] And it's the best. [through laughter] Anyways, continue?

Sydnee: Charlie was not watching weird videos. Uh, I—as I leaned forward to take the phone from her to tell her that it was way past her bedtime and she must go to sleep, I went, "What is this?" 'Cause there were real human people on the screen. Real adult human people, talking to each other. And she said, "It's a Hallmark movie."

Rileigh: [laughs]

Taylor: Who introduced her—I mean, you can only blame yourself, though, Syd. Right? Like, you guys... you and Justin kinda consumed a lot of Hallmark movies.

Sydnee: Well, here's the thing. You could easily blame us, because we definitely have watched them, but I *know* that this was a direct result of, while we were on tour, she slept with Mom in her hotel room.

Taylor: Oh, okay.

Sydnee: And Mom watched the Hallmark movies to go to sleep, and so, Charlie initially said she was gonna watch it to go to sleep, because they're so boring they put her to sleep, but that this one was *so good*, she had to finish it. [laughs quietly]

Rileigh: Yeah.

Taylor: What—what one was it? What was the plot? Do you have any—any notions as to what it was about?

Sydnee: I saw that the title had "Princess" in it.

Taylor: Oh, okay.

Sydnee: It was something about Christmas and princesses. So, y'know, that narrows it down to—

Taylor: Christmas and Princesses, my favorite movie.

Rileigh: To all of them.

Sydnee: That narrows it down to about a hundred.

Taylor: Yeah.

Rileigh: Yeah. Is it maybe that one where Vanessa Hudgens was a princess, but also, like, just a regular, small town baker girl visiting this fanciful Christmas village? Is that the—

Taylor: The Snickerdoodle Princess, my favorite movie.

Raleigh: The Princess—

Sydnee: Princess Switch.

Raleigh: Yes.

Taylor: Oh. Okay.

Sydnee: Maybe! Maybe. I don't know.

Raleigh: She found her secret twin, and then they fell in love with each other's... [quietly] I don't know. I don't know. It's almost that time of year again, to begin watching those movies.

Sydnee: Isn't there one where Candace Cameron-Bure is her own twin?

Raleigh: [laughs]

Taylor: Is this just all like The Prince and the Pauper retold, but with Christmas and Princesses?

Sydnee: [laughs quietly]

Raleigh: And either Vanessa Hudgens or Candace Cameron-Bure. [laughs]

Taylor: They—okay. Are they each other's' twin? I'm confused.

Sydnee: [laughs]

Raleigh: They seem to be the two—

Taylor: That seems more like an age problem.

Raleigh: They seem to be the two new, uh, queens of the... Hallmark/Netflix—

Sydnee: Hallmark Films.

Raleigh: —holiday films.

Sydnee: The ones with the nice sweaters who all got their hair done at the Drybar an hour ago.

Raleigh: Right. Yeah.

Sydnee: Yeah.

Taylor: Well, I—I will say—I guess as far as, like, weird stuff you could catch your daughter watching on her uninhibited iPad, uh, I guess Hallmark movies, that's pretty benign. That's a—that's—y'know. I think you should—

Sydnee: You know, she—

Taylor: —you should be pretty happy about that.

Sydnee: It's funny. She was watching it. The only app she has on there now is the YouTube Kids app. I took off the regular YouTube, 'cause... it's a wild world out there.

Raleigh: Yeah it is.

Taylor: Yeah. Oh, good.

Sydnee: You can't—yeah.

Taylor: Good call. Good call.

Sydnee: Yeah. And YouTube Kids isn't perfect, but it's a lot harder—

Raleigh: It's better.

Sydnee: It's a lot harder to stumble into stuff on there.

Raleigh: Yeah.

Sydnee: Um, but she, uh—but she was watching it on that, so I guess you can get Hallmark movies on the YouTube Kids app.

Raleigh: [laughs] They really know their demographic.

Taylor: That's true. That's—those are—those are G, PG at best.

Sydnee: This is—this was a lot better, though. This is what I find her doing, and then the next day, she starts telling me about how, uh, I need to shut my door when I'm changing clothes because the clear people are in the house.

Taylor: [laughs]

Raleigh: Oh, yeah!

Sydnee: And I said, "Excuse me? [laughs quietly] The what now?"

Taylor: [laughs]

Raleigh: What?!

Sydnee: And she said, "The clear people." Uh—

Raleigh: Ohh...

Taylor: Yeah.

Raleigh: Whoaaa!

Sydnee: "You know, you can't—you can't see 'em, but I know they're there 'cause I bumped into one, and they also speak with weak voices." And I said, "Uh—"

Raleigh: She said *weak voices*?!

Sydnee: Weak voices. And I said—

Raleigh: Oh, my—

Sydnee: "Well, should I talk to them?" And she said, "No, do not talk to them, because they'll think that you want to do a fighting game, and they're *very* good at wrestling."

Raleigh: Hey, Sydnee?

Sydnee: [sighs]

Raleigh: [sing-song] Charlie's possessed! [laughs]

Taylor: Nah, that's just normal kid stuff. Remember when I told Mom when I was a baby that there were cloud people in our house and there were beating hearts in the wind?

Sydnee: Yes.

Taylor: That's just what you do when you're a kid. Like, "Well, I don't have a lot of power, but you know what? I'm creepy. Let me tell you some creepy stuff." That's what kids do. She's just—she's just—

Sydnee: "I'm gonna convince..." Yep.

Raleigh: You have built your new house on some old, weird, like, graveyard or something, because Cooper also constantly points behind you and points to people back there. And there's no one back there.

Sydnee: Oh, no! She woke up from her nap today and went—and I heard her yelling, "Mommy!" And I went running in her room and said, "Oh, are you awake?" And she said, "I cared," I scared.

Raleigh: Mm-hmm.

Sydnee: And I said, "What are you scared of, honey?" And she said, "[serious tone] Vamparr."

Raleigh: [laughs] "Vamparr." [through laughter] Wh—

Taylor: Alright.

Sydnee: And I said, "A vampire?" And she said, "Vamparr."

Raleigh: [laughs] Who told her about vamparrs?

Sydnee: In Coopie's room. "Vamparr."

Taylor: That's definitely, as far as, like, the kind of things that your house could be possessed by... like, that's one of the—on the sexy quotient, you're pretty high up there.

Raleigh: Yeah, I was gonna say, it could be, like, an Edward Cullen.

Sydnee: Sh—no, she said it more like Bill from True Blood. It was more of a "[gruff southern accent] Vamparr."

Raleigh: "[gruff southern accent] Vamparr." [laughs]

Taylor: A *vam-pire*.

Sydnee: [laughs]

Raleigh: The sentences Cooper strings together just... she's at the perfect phase right now where she knows just enough words to make a half sentence, but not enough to make a whole one. [laughs] Coopie room vamparr.

Sydnee: Uh, you know—

Taylor: [through laughter] I'd watch that movie!

Sydnee: [laughs] Coopie Room Vamparr?

Raleigh: [through laughter] I would also watch that movie.

Taylor: Coopie Room Vampire!

Raleigh: Coopie Room Vampire. It's told entirely in narration by Cooper. [laughs quietly]

Sydnee: Charlie and the Clear People. Coopie Room Vampire.

Raleigh: God, now I'm scared to be here in this home with these clear people.

Sydnee: Mm-hmm, yeah.

Taylor: Watch out for the—

Raleigh: I didn't know they were so good at wrestling.

Taylor: [laughs quietly] Clear people [crosstalk]—

Raleigh: And their weak voices.

Taylor: Okay. Alright.

Sydnee: Uh... you know what my girls also love watching?

Raleigh: Mm-hmm, go ahead. Keep goin'.

Sydnee: Uh, they love watching YouTube videos about cereal.

Raleigh: They do.

Taylor: Yep.

Sydnee: Yeah.

Raleigh: Cooper and Charlie both told me to stay and watch Cereal Time with them before bedtime, like, last week.

Sydnee: Cereal Time is a great YouTube series, if you like cereal. [snorts]

Raleigh: 'Cause Cooper just yells, "Cereal Tiiime!"

Sydnee: "[singing] Cereal time..." it's really good. Um, I know where they inherited this.

Raleigh: Justin.

Sydnee: Yeah.

Taylor: That's hardcore Justin.

Sydnee: Yeah, that's all Justin. Um, I—it's funny, because I don't remember cereal being a giant part of our lives, Tey? Like, when we were young? I don't know if it was as mu—no?

Taylor: Uhh...

Sydnee: Raleigh? I mean, it wasn't when you were younger, either. Like—

Raleigh: I mean, I know Dad ate cereal pretty much, like, most mornings I remember growing up, but it was always just, like... Honey Nut Cheerios. Like, it wasn't anything, like, exciting. Like, picking out a new cereal or finding something new wasn't a thing.

Sydnee: We weren't big ce—we were not huge cereal aficionados.

Raleigh: Unpopular opinion... [quietly] I didn't like cereal and still kinda don't...

Taylor: What?!

Raleigh: I don't—

Sydnee: That's weird.

Raleigh: —okay, here's the thing.

Sydnee: [laughs] That's—that's strange, and I don't like it!

Raleigh: I don't *like*... breakfast foods, or breakfast time. Because if it is a time on the clock where it is supposed to be a breakfast time, it is too early for me to be awake and functioning and eating food.

Sydnee: Okay.

Taylor: Oh, okay. I accept the time argument, but breakfast *foods*?

Sydnee: All?

Taylor: That is so many things.

Raleigh: When I am—when I am up to—

Taylor: Waffles?!

Raleigh: —to go to class before—I say an acceptable post-breakfast meal, like a lunch, is, like, 11. That's usually, like, the cutoff, right? [pauses] Like, you start eating lunch at 11, and anything before that is breakfast?

Sydnee: Yeah.

Taylor: Sure, alright.

Sydnee: Like, yeah. Okay.

Raleigh: So, if I am up eating food before then, it is coffee. And maybe... an apple. I just, like—I'm never awake enough in the morning—

Sydnee: If—if you think—

Raleigh: —and breakfast food is so filling. No, I've—I've had to make this argument so many times. When you have, like, pancakes and—and bacon and eggs, and it's like all this, like, hearty, like, filling stuff. The last thing I wanna do when I've just woken up and I'm still mostly asleep is fill my whole body with all these foods.

Taylor: But that's—that's a gross misrepresentation of breakfast food! Yeah, sometimes it's pancakes and bacon and sausage and waffles, and sometimes it's fruit salad and yogurt and, like, granola! And... like, there's a lot of—of—there's a whole array! Saying you don't like breakfast food—

Raleigh: I agree.

Taylor: —is like saying, "I don't like lunch food." It's like, "But—okay, wait."

Raleigh: I agree.

Taylor: That's a lot of things.

Raleigh: I will say, though, that I think that foods like fruit salads and yogurts and such can be extended to any time.

Taylor: What about, like, omelets? Like, I don't—

Raleigh: I think those are, like, specifically breakfast foods, right? Like, pan—like, if you were to have a dinner that was, like, pancakes and omelets and bacon—

Sydnee: Brinner!

Raleigh: —it's breakfast for dinner. It's not just, like, "This is also dinner, where we're having pancakes." It is breakfast for dinner.

Taylor: Yeah, but you're, like, also crossing into, like, this is also brunch, and brunch can go on until, like, four, and...

Raleigh: We're in Huntington. There is no brunch here. [laughs]

Sydnee: [laughs]

Taylor: Alright. Well, you—you just have—

Raleigh: [laughs]

Taylor: You just have a brunch lacking in your society.

Raleigh: We do, sadly.

Sydnee: I think you can eat these foods anytime, because I think you're also, uh, constricting us to the American idea of breakfast.

Taylor: That's true!

Raleigh: Fair.

Sydnee: And—and you will find wildly different ideas about what breakfast food is.

Raleigh: But I've never been anywhere else!

Sydnee: Well, I'm just saying.

Raleigh: I'm not as worldly and traveled and cultured as my siblings.

Sydnee: I'm just sayin'! We—we in the United States tend to vacillate between kind of what you described, like, the—the breakfast that really is well-suited if you're about to go work on the farm at five AM. If you're in *The Yearling*—

Rileigh: A Ron Swanson breakfast.

Sydnee: [holding back laughter] If you're in the book *The Yearling*, then—

Rileigh: [snorts]

Sydnee: —this—this breakfast you have described is perfect. You will need a big, hearty breakfast of bacon and eggs and biscuits and gravy and sausage and pancakes and—

Rileigh: It just doesn't sound appealing when I say it.

Sydnee: I don't know. All these things. I don't really wanna eat all that in the morning either.

Rileigh: [laughs]

Taylor: I don't—

Sydnee: But, um... but I think yogurt's great. I love yogurt, and—

Rileigh: You know what I do enjoy? A good bagel.

Sydnee: Bagels are great.

Taylor: Bagels, okay.

Rileigh: Like a—like a toasted everything bagel with some cream cheese on there? Delicious.

Sydnee: We do have some weird ideas about eating what essentially is a dessert for breakfast. Let's be honest, donuts are desserts.

Rileigh: Donuts are desserts. Donuts are cakes in rings.

Sydnee: They're wonderful. I love them. I'm not throwin' shade on donuts, but they're not... they're not a breakfast.

Taylor: Oh. I am... hmm.

Sydnee: They're a dessert. [laughs]

Taylor: Yeah. A lot—I mean, come—but—okay, but you show me your waffles piled with whipped cream and, like, strawberry sauce—

Raleigh: Also a dessert.

Taylor: Yes, absolutely.

Sydnee: And pancakes can easily... I mean, you get some of those IHOP creations that have, like... a bunch of—

Raleigh: Chocolate and cinnamon and—

Sydnee: —they're like sundaes.

Raleigh: Yeah.

Sydnee: They're just sundaes with pancakes stuck in 'em.

Raleigh: Yeah.

Taylor: Ye—yeah.

Raleigh: That's what IHOP is. It's a sundae bar.

Sydnee: We—we are not talking about cereal.

Raleigh: We're not talking about cereal. I'm sorry. I just, like—I felt like it was important to get my opinion out there before we continued in this conversation of a food that is primarily a breakfast food.

Taylor: I can't—I can't move past this without thinking of, like, that setup that happens in so many TV shows where somebody's in a rush, so they come down

the stairs and they're like, "Can't eat today, Ma!" And there's, like, a full table of breakfast food.

Rileigh: Yeah...

Sydnee: Yeah.

Taylor: What—what—what is the—who—like, whenever I see that I'm like, "Wow. We grew up weird," but we didn't. That doesn't happen.

Rileigh: That doesn't happen.

Taylor: No.

Sydnee: No, that doesn't happen. I can't do that. I don't do that.

Rileigh: Because in all those shows, it's always, like, the Dad sitting there with the newspaper, and the Mom is standing up with the apron on. It's like, "Look at this breakfast I made!" It's always, like, a big bowl of fruit, and also a whole stack of pancakes, and bacon, and a pitcher of orange juice...

Sydnee: Also—

Taylor: Well, and the pitcher of orange juice is important, because somebody is *decanting*—

Rileigh: [laughs]

Taylor: —the freakin' orange juice! [through laughter] That is love, I guess. I don't know.

Sydnee: And who can drink that much orange juice in morning without getting reflux?

Rileigh: Ohh, Sydnee...

Sydnee: [laughs] I'm just sayin'.

Taylor: Fair. I just—yeah. I don't know. I mean, I—yeah.

Rileigh: I have nothing against breakfast foods. I will eat them. It's not like I dislike them completely. But when I wake up in the morning, the first thing I think about ingesting is coffee, or caffeine in some form. And that's just, like, my main goal, and honestly, I usually don't wake up early enough to get much else, because I value my sleep.

Sydnee: That's why—I mean, I think, like... Justin is a big cereal fan, of course, and he eats his cereal right before bed.

Rileigh: [laughs] He's getting ahead on breakfast. He's getting a head start.

Taylor: [laughs] Yeah.

Sydnee: It's either the—the latest dinner or the earliest breakfast, depending on how you look at it.

Rileigh: He just eats breakfast and then takes a nap before the rest of his day.

Taylor: Yeah.

Sydnee: Yeah. Um... but I think—'cause I have a love hate relationship with cereal, in the sense that, I do think it's a fun thing to talk about in terms of, like, decades and childhood and stuff, because, like, the—like, cereals are so heavily marketed towards children.

Rileigh: Yeah.

Sydnee: Not all of them, but a lot of them. That, um—that they become part of, like, your youth and, like, the story of your childhood. Certain cereals.

Rileigh: Sure.

Sydnee: Um, and they kind of get tangled up almost a little like mythologically, with, like—I mean, the taste of a bowl of Cap'n Crunch cereal to me is more than just, like, "Oh, that's yummy." It's like everything that ever—[laughs]

Rileigh: [laughs]

Sydnee: —was—[through laughter] Everything that was ever happy and carefree and, like, easy is epitomized by this bowl of sugar and carbs and dairy

that I shouldn't be eating, because I know—'cause that's the other part of cereal – it's so unhealthy.

Rileigh: It's a dessert, too!

Taylor: Wait!

Sydnee: There's no justification for it! It's so unhealthy! [quietly] But it's so good...

Rileigh: What is the American obsession with dessert foods for breakfast?

Taylor: But Syd, I think you—like, the Cap'n Crunch is a bad choice as far as that goes, because—

Sydnee: It's the best cereal, Taylor!

Taylor: No, you don't—you don't wait, like, years and years and then in retrospect be like, "Oh, that was bad for me." Cap'n Crunch tells you right away it's bad for you.

Rileigh: [laughs]

Taylor: 'Cause it feels like little, like, razor-thin glass shards in the roof of your mouth—

Rileigh: [gasping laughter]

Taylor: —when you eat Cap'n Crunch! Like, it is—

Sydnee: Everybody—

Taylor: —there is only one food in this world that goes, "I'm exactly as bad for you as you think I am," and that's Cap'n Crunch!

Rileigh: [laughs]

Sydnee: Everybody always says that about Cap'n Crunch, and I didn't have that problem very much, so I just think you're all eating it wrong. [laughs]

Taylor: The—how do you eat cereal wrong?

Raleigh: Sydnee puts her Cap'n Crunch in the milk and leaves it to sit for, like, half an hour, and lets it get *really*, really soggy.

Sydnee: No, but I do like—you do need it to sit in the milk for just a minute. [pauses] Don't dive right in there.

Taylor: But—but no, I—see, 'cause, like, the—I—

Sydnee: Go decant your orange juice before you eat your Cap'n Crunch.

Taylor: Decant your cereal. I mean, the—

Raleigh: Yeah, let it rest.

Taylor: The ideal cereal is, like, you want the ultimate crispiness of, uh, of the cereal, and the ul—like, and that's the coldness of the milk. Like, that's ideal. Which, you know, you learn—hey, I—I don't know about osmosis and science. I know those are—that's a science word—

Raleigh: [laughs quietly]

Taylor: —but, uh, I did learn some point in college that water doesn't work like milk with cereal. [laughs quietly]

Sydnee: Yeah, that's true.

Taylor: [laughs]

Raleigh: Hey, can I ask why you know that?

Taylor: Because there's that morning—

Raleigh: Can I ask the situation?

Taylor: —yeah, where you wake up and you're like, "Oh no, oh hecks, I'm out of—I'm out of milk. Uh, but you know what? What—I just gotta get it wet to enjoy this cereal, right? So I'm just gonna throw some water on it." And then what you discover is that water turns cereal into an instant, sad, soggy... just—

Raleigh: [laughs]

Taylor: —just gruel. It just instantly becomes just wheat water.

Sydnee: [laughs]

Taylor: It's not good.

Raleigh: [through laughter] That—the—[laughs] The—[laughs loudly] Sorry, the image of poor college Taylor sitting with her bowl of, like, Cap'n Crunch, just holding it under the faucet—

Sydnee: Dissolving in water.

Raleigh: [through laughter] —just running water from the tap into her Cap'n Crunch! Like, "I just need it to be a little bit wet—"

Sydnee: Taylor—Taylor looking down at it and then going, "This is nothing." And dumping it in the trash.

Raleigh: "[through laughter] This is—this nothing!" And just dumping the whole—just putting the whole bowl in the garbage.

Taylor: [laughs]

Raleigh: And swearing to never mention it again!

Sydnee: This is nothing.

Taylor: There are just certain rules that, like, I think that at some point someone's supposed to teach you not to do these things, but if for some reason you missed those lessons, you learn them yourself, and that's one of 'em! The other one is, like, "You know what? A coffee filter is basically a paper towel. This'll work." And then you're like, "Oh, that super didn't work!" [through laughter] Like, this is just I—these are lessons I learned as a very poor, very unprepared college student.

Raleigh: I don't think I needed to experience putting water in my cereal to know that I shouldn't!

Taylor: You know what? Some of us believe in the scientific method, okay?

Raleigh: [laughs]

Sydnee: You can't find the answer—

Raleigh: Sydnee, as the resident scientist—[laughs]

Sydnee: —you can't find the answer until you ask the question.

Raleigh: Okay. [laughs]

Sydnee: Uh, I wanna talk about some of the great cereals of our youth.

Raleigh: Okay.

Taylor: Alright.

Sydnee: 'Cause it's—well, it's different for you, Raleigh.

Raleigh: Go ahead. Okay.

Sydnee: You're gonna have to have your own list. I have my list.

Raleigh: Okay.

Sydnee: I was looking up great cereals from the '90s, and one of the first ones that popped up was Oreo-O's, which really took me back, 'cause man, those were delicious.

Raleigh: Mm-hmm.

Sydnee: Oreo-O's were so good. Um, I feel like later they, like, messed 'em up with marshmallows or something.

Taylor: Did—wait, do Oreo-O's have marshmallows now?

Sydnee: I feel like they were re-released later. But I could be wrong.

Rileigh: Golden Oreo-O's—

Sydnee: But I thought they did.

Rileigh: —are delicious. By themselves. No milk. [pauses]

Sydnee: The cereal?

Rileigh: Yes.

Sydnee: Oh, I didn't know they had a cereal.

Rileigh: Golden Oreo-O's.

Sydnee: Well, there you go.

Rileigh: I am almost positive I have eaten this. Either that, or I just came up with the best idea.

Sydnee: Uh... the other ones that I saw on this list that brought me back were Cookie Crisp.

Taylor: Oh!

Rileigh: That was the only cereal I would eat for a while, because it is, in fact, small chocolate chip cookies.

Sydnee: Yes.

Rileigh: In a bowl of milk. [laughs]

Sydnee: It is. It was delicious, and it was always at our Mawmaw and Pawpaw's house. They always had Cookie Crisp.

Rileigh: Yeah. Cooookie Crisp!

Sydnee: Cookie Crisp—Cooookie Crisp! Cookie Crisp and Twinkies.

Rileigh: [laughs]

Taylor: Twinkies cereal?!

Sydnee: No. There was—there—there *is*, there is a Twinkies cereal, actually.

Raleigh: Yeah.

Sydnee: It is not out yet.

Taylor: Oh.

Raleigh: You are always up on the hottest cereal trends.

Sydnee: It comes out next month.

Taylor: I—I saw, um... I s—

Sydnee: [laughs]

Taylor: —wow, you're ready.

Raleigh: Just gonna breeze past that.

Sydnee: We're gonna have it!

Taylor: No, no.

Sydnee: We're gonna eat it!

Taylor: Other—other people are like, "Hey, what—the movie that comes out."
Sydnee's like, "Tell me—I'm gonna tell you about the cereal."

Raleigh: "The cereal?"

Taylor: Uh—

Sydnee: Hey, this is—I am married to Justin McElroy. This is part of my life now.

Taylor: Well, I actually get that, 'cause I saw a box of, uh—it was like a banana puddin' cereal. Nilla Wafers banana pudding cereal in my bodega the other day, and my first reaction was to take a picture of it and send it to Justin. Like, "Hey,

you heard of this?" And he was like, "Nah." And I was like, "Heads up!" [laughs quietly]

Sydnee: He would like that. He loves to try all the new cereals. He got really upset 'cause, uh, there's a new cereal based on the popular YouTube show turned television program, Ryan's Mystery Playdate.

Raleigh: Mm-hmm.

Sydnee: Ryan's World. Ryan's Mystery Playdate. Ryan—Ryan is—

Raleigh: I am not familiar with Ryan's work.

Sydnee: Ryan is a young child, who is famous now.

Raleigh: Is this the one that makes, like, ten million dollars a year off toys on YouTube?

Sydnee: Probably?

Raleigh: Yeah.

Sydnee: I mean, he has a TV show now. He has a TV show on which, today, the mystery play date was... Dave Grohl. [laughs quietly] So the—the YouTube family hosted Dave Grohl, and then he played nursery rhymes on a kazoo. It was a weird moment for me.

Raleigh: That's weird.

Sydnee: It was a weird moment where I was, like, sitting there and I was like, "Charlie, it's Dave Grohl!" And she was like, "It's Ryan!" And I was like, "But it's Dave Grohl!" And she was like, "It's Ryan!" And then drums came out?

Raleigh: [laughs]

Sydnee: And I was like, "[sing-song] I'm gonna see Dave Grohl play the drums! I'm so excited!" And—

Raleigh: I was your first moment of cultural clash with your daughter. [laughs]

Sydnee: And do you know what he played on the drums?

Raleigh: "Baby Shark."

Sydnee: "If You're Happy and You Know It."

Raleigh: Oh. [laughs]

Taylor: Why does this seem out of character to Dave Grohl for you?

Raleigh: No, it was—it was just, like... I was excited to watch him play the drums, and the drum part to "If You're Happy and You Know It" is not an exciting drum part. [laughs]

Taylor: I could—I mean, I don't think—yes, you're right. I don't remember a drum solo in "If You're Happy and You Know It." "[singing] If you're happy and you know it—[imitates drum solo]"

Raleigh: [laughs]

Taylor: Yes.

Sydnee: He didn't do any of the drumming where he, like, y'know, tosses his hair back and forth. Like the wild Dave Grohl drumming that I love so much.

Raleigh: Mm-hmm.

Sydnee: Where he looks like Animal from *The Muppets*.

Taylor: [laughs] Well...

Raleigh: Alright.

Sydnee: I—I love that. Anyway, uh, so, there's a cereal based on this, um, YouTube child, called Ryan's Mystery Playdate cereal, and I didn't get it today, 'cause it doesn't look very good.

Taylor: What's in it? Why doesn't it look good?

Sydnee: It just looked like a bunch of multicolored... pieces.

Rileigh: Knowing Justin, I don't think that's an adequate—

Sydnee: I think it's fruit flavored. Maybe? I don't know.

Rileigh: —reason for not getting a new cereal.

Sydnee: I—I don't—

Taylor: I don't know—yeah. Multicolored fruit flavored things is kind of one of the...

Rileigh: That's cereal.

Taylor: Yeah, that's just cereal. Unless you're chocolate.

Rileigh: You either have small cookies, or you have fruity squares.

Taylor: Yeah.

Sydnee: Can I—can I bring up something, a blast from the past? Teylor, do you remember Hidden Treasures?

Taylor: Hidden Treasures?

Sydnee: They were the little, um... they had, like, goo in 'em. Or something. They had cherry, orange, or grape filling. They were little squares.

Rileigh: Gushers.

Sydnee: And they had stuff in 'em.

Rileigh: Were they Grusher—Gushers? [quietly] Grushers.

Taylor: It was a cereal?

Sydnee: It was a cereal, and it had fruit filling.

Taylor: Oh, I remember that.

Sydnee: Do you remember it?

Raleigh: That sounds *horrible*.

Sydnee: They used to gross me out.

Taylor: Yeah.

Sydnee: But we had 'em.

Raleigh: Those are two textures I don't want together.

Taylor: No, they weren't tasty. They weren't good, but I remember those.

Sydnee: No, that was one I remembered from our youth, along with, on a positive note, Rice Krispie Treat cereal.

Taylor: Now, Rice Krispie Treat cereal was solid.

Raleigh: Now—

Sydnee: One of the best cereals. It was different than Rice Krispies.

Raleigh: —what are Rice Krispies if not Rice Krispie Treat cereal?

Sydnee: No, no, no, no, no.

Raleigh: [laughs]

Sydnee: It had—

Raleigh: [through laughter] You just got more intense about this than you have ever been about anything.

Taylor: For good reason, okay?

Sydnee: What it—the difference—

Raleigh: On this podcast.

Sydnee: —the difference is it had little clusters.

Taylor: Yeah.

Sydnee: Like, little, like, as if you broke up actual Rice Krispie Treats, not into their base components—

Raleigh: Of Rice Krispies.

Sydnee: Right, but into, like, little clumps of Rice Krispie Treat.

Raleigh: Mm-hmm.

Sydnee: [emphatically] They're—it was so good!

Raleigh: [laughs]

Sydnee: And they—they, like—they re-released it later and it was totally different. I think that one was one of the ones they re-released where they were like, "Let's just put some Rice Krispies and marshmallows together and call it Rice Krispie Treats," and it's like, "No, no, no! Excuse me, Snap, Crackle—"

Raleigh: "*And Pop.*"

Taylor: "Mr. Pop."

Sydnee: "[through laughter] All three of you. Do you really stand by this product?"

Raleigh: [laughs]

Sydnee: Rice Krispie Treat cereal was great!

Raleigh: I... I have a counter. A 2019 counter for your gross fruit filled jelly squares. Your Gushers cereal, if you will.

Sydnee: Okay.

Raleigh: And that's Sour Patch Kids cereal.

Taylor: Okay. I'm against this.

Sydnee: It is gross. I have tried it. It is gross.

Taylor: Why would you want that in milk?

Raleigh: Now—

Taylor: Those are, like, two things—strong acids and milk, which is a base, they don't go together. We know that in, like—that's a science, too. There's a science for you!

Raleigh: Yeah. I have mixed feelings about Sour Patch Kids cereal, because I love Sour Patch Kids. They are, in fact, my favorite candy. And eating them dry is a very enjoyable experience, because it's like tiny little freeze-dried Sour Patch Kids. They're just the right amount of sour, and they have the fruit flavors. I love the dry Sour Patch Kids cereal. I literally eat it by the handful. But once you add milk, it's like... if you imagine pouring milk onto a Sour Patch Kid and eating it.

Sydnee: That is not—that's not a flavor... pro—those—those do not...

Taylor: No.

Raleigh: Compute. [laughs]

Sydnee: No. [laughs]

Raleigh: Does not compute.

Taylor: That is—that is not gastronomy.

Raleigh: Yeah. Uh, I tried them with milk once and took a bite and just said, "No, I don't wanna do that to my body anymore." And then just kept eating them dry, and that was good. Uh, I especially like that—I don't know if this was the case for all boxes of Sour Patch Kids cereal, but at least in our local Walmart, they didn't sell regular size. They only sold the giant... quote, "Family or Share" size boxes. Like, the *huge* ones.

Sydnee: I always like the idea of family sized boxes of cereal, 'cause they call 'em that. They're 'family sized.' And there are so many cereals that, like, the idea of the whole family sitting down to eat a bowl of that—

Raleigh: [laughs]

Sydnee: —like, that adults are like—

Raleigh: "Kids, it's Sour Patch time!"

Sydnee: "I will join you in this Sour Patch cereal, children! That is what we will all do now."

Raleigh: Now, Justin *would* do this.

Taylor: Uhh, I think—

Raleigh: That is *your* family.

Taylor: Yeah. I think Dad would, too. Dad likes some cereal. That's one of his—

Raleigh: That's fair. Dad does like cereal.

Taylor: Yeah. I have watched him scarf down, like, three bowls of cereal, and he's like, "It's—it's muh—my off day. It's my relaxation day. It's my cheat day."

Raleigh: That is—that is one of my favorite things Dad does.

Sydnee: He eats, like, an entire box of Cocoa Pebbles in one sitting.

Taylor: Yeah.

Raleigh: Yeah. Or he'll, like, fill up a bowl and say, like, "Look, I have one serving of cereal," but [through laughter] then fill the same bowl, like, three times. It's like, "Well, Dad, I don't think—I don't think it's still the same size if you do it multiple times, Dad..."

Sydnee: Also, that is—that is not a serving, sir.

Raleigh: [laughs]

Sydnee: That is a bowl.

Rileigh: [through laughter] That is not a serving, that's a bowl. [laughs]

Taylor: It's not a cup.

Sydnee: I understand that that is one—you are serving yourself one of that bowl, but... that is mu—that is a lot of cereal.

Taylor: That's not how servings work.

Rileigh: Yeah. That is a—that is a classic Dad cheat day morning move, unless he's eating an entire dozen of devil's food cake donuts.

Sydnee: Mm-hmm.

Rileigh: Um...

Sydnee: Do you—do you remember French Toast Crunch, Tey?

Taylor: Oh yeah. French Toast Crunch was *good*. Um...

Sydnee: See, I never—it was good. I never felt it stood up to Cinnamon Toast Crunch, though.

Taylor: I was gonna say, there was—well, there was the French Toast... wait, are you thinking French Toast Crunch, or Waffle Crisp?

Sydnee: Well, I mean, we could also discuss Waffle Crisp. That was one of a—

Taylor: 'Cause these were all the same kind of idea. Like, it's pretending to be a breakfast confection that is a bread thing covered in syrup and sugar.

Sydnee: Yes.

Taylor: Yes.

Sydnee: But it's small and crunchy.

Raleigh: I raise you... Churros Toast Crunch.

Taylor: What?

Raleigh: Delicious. The newest iteration of Cinnamon Toast Crunch that came out this year. Churros.

Sydnee: Those were good. I know—

Raleigh: They were very good.

Sydnee: Any cereal that's come out in the last year, I've been forced to try.

Raleigh: Well, it's like—

Sydnee: Under—[snorts] Under duress. [laughs quietly]

Raleigh: I will say, if made to pick a favorite cereal, Cinnamon Toast Crunch is by far my favorite.

Sydnee: It's number two for me.

Raleigh: What's your—Cap'n Crunch is your number one.

Sydnee: Yeah.

Raleigh: Um, Taylor? Just a quick—quick poll. Do you have a favorite?

Taylor: Uhh... well, okay. I really like Honey Bunches of Oats.

Raleigh: Mm-hmm.

Taylor: Uh, I—I like it because it pretends to be healthy, and I also, too, like to pretend to be healthy.

Raleigh: [laughs]

Taylor: Um, but it's full of sugar.

Raleigh: You have that in common.

Taylor: [through laughter] Yes.

Sydnee: I feel that way about Raisin Bran Crunch.

Taylor: Right? Like, it's like, "Aw yeah. There are clusters. That's good for me. Clusters are healthy."

Sydnee: "It's got raisin *and* bran in there. Those sound so healthy." Raisin Bran Crunch is not healthy. [laughs]

Taylor: But I do also really like—and I know that—I like Fruity Pebbles. I know that—that is definitely not good for you, but, uh... but I just like—I like the... I like the pebbles. I like how much you can get in one bite.

Raleigh: Yeah.

Sydnee: That is a nice thing.

Raleigh: That's a good one.

Sydnee: Yeah. That's a nice thing about Fruity Pebbles, yeah. I like that. I like both the Pebbles.

Taylor: And I prefer the Pebbles to the Puffs. I will say that. Cocoa Pebbles over Cocoa Puffs, any day.

Sydnee: I agree with that.

Raleigh: Yeah. I did enjoy Trix, though, which were basically just Fruity Puffs.

Taylor: Hmm. Yeah... that's true.

Raleigh: Mostly because the commercials were always crazy.

Sydnee: Do you know that, um... there was—Trix went through—it was balls? And then it was fruit fla—fruit shaped? Is that the Trix you remember?

Raleigh: I do not remember the fruit shaped. I just remember the balls.

Sydnee: Oh, that's so weird. Now, you remember the swirly ones, like, the tie-dyed lookin' ones?

Raleigh: Yeah!

Sydnee: Oh, that's so funny. Okay. So, Trix was originally just solid color, different color balls.

Raleigh: Okay.

Raleigh: And then it was fruit shaped, for a long time. A lot of our childhood, Tey.

Taylor: Yeah.

Sydnee: We had the fruit sh—they were all shaped as different—like, the fruit that they were. And then they came back as balls, except they were the tie-dyed lookin' ones.

Raleigh: Yeah.

Sydnee: It—it—you can—you—

Raleigh: I remember—

Sydnee: Whatever you think Trix looks like can define what generation—[laughs quietly]

Raleigh: I'm trying—I just looked up "iterations of Trix" and it gave me something from Boise State University about iterative—iterative methods in math, and I just—this is not—

Sydnee: That's not—that's not what we're talking about.

Raleigh: —not what we're looking for.

Sydnee: There was also, like, that—Trix was one of the cereals, I think, that for a while, like—I feel like all the cereals did natural coloring. Like, no more... no more fake food dyes, and then I feel like some of 'em might've gone back.
[laughs]

Rileigh: They went back for sure.

Sydnee: [through laughter] Because I know some of 'em got brighter again.

Taylor: [laughs]

Sydnee: It's like—it's like the—the dimness got—

Rileigh: Okay.

Sydnee: —[laughs] got turned back up on—on some of these cereals, 'cause I was like, "Wait a second..." [laughs]

Rileigh: Okay. This—

Taylor: I think once you're buying something in a fruit shaped puff, you don't really care about the content.

Sydnee: [through laughter] You're—you—you're past that. [laughs]

Rileigh: This version of Trix that was kind of fruit flavored, but also some of them were, like, flowers?

Sydnee: Yeah.

Rileigh: Like the blue ones were, like, little, like...

Sydnee: Yeah.

Rileigh: I remember this.

Sydnee: Yes.

Rileigh: But what I remember most is the one weird commercial where there was the guy who was a real human actor in the commercial that was trying to get the Trix from the kids, and then at some point he morphed into the CGI rabbit.

Sydnee: Yes.

Rileigh: And the whole house was swirled into two different colors. This was very—this was a very popular commercial on, like, Disney and Nick when I was growing up.

Sydnee: I remember that.

Rileigh: And that was when Trix Swirls came out.

Taylor: Ohhh.

Rileigh: That is the one I remember. Mostly.

Sydnee: It's because "Silly rabbit, Trix are for kids."

Rileigh: [simultaneously] "Trix are for kids." of course.

Taylor: I, um... this is a—this is another very popular cereal, but it makes me think of, like, the ads in that time of, uh, Honey Nut Cheerios. But specifically the arc and the myth of the Honey Nut Cheerios bee, where he was turned into, like... a gummy? Do you remember this, Syd? It was in the back of Archie comics for, like, a while. There was that—that... like, little... advertise-comic thing.

Sydnee: Yes, yeah, no, I know what you're talking about. I'm trying to remember—

Taylor: The Honey Nut Cheerios Bee got transformed into something. There was—there was a downfall. There was a hero's triumph—

Sydnee: [laughs quietly]

Taylor: —that was necessary for the Honey Nut Cheerios bee.

Rileigh: [gasping laughter] I do not remember this!

Sydnee: Why did they have to create conflict for the bee?

Taylor: They did, though! Like...

Rileigh: Uh... huh.

Sydnee: Bees are havin' a hard enough time, y'know?

Raleigh: Conspiracy theory – the Bee Movie, starring Jerry Seinfeld, was all a marketing ploy... for Honey Nut Cheerios.

Taylor: Where—where—where did you come from that?

Raleigh: Thoughts?

Sydnee: I don't think that's true.

Raleigh: Bees and plot lines and triumph.

Sydnee: Y'know—

Raleigh: And human and bee love.

Sydnee: When I was—when I was young—

Raleigh: [laughs]

Sydnee: I'm just gonna pretend that didn't... happen.

Raleigh: [laughs]

Sydnee: [laughs]

Raleigh: I wanted to bring back that—that bit we used to do. Y'know, the hot bit that everyone loved where I talked about conspiracy theories that I had just come up with.

Sydnee: Uh-huh.

Raleigh: You know, that hot bit.

Sydnee: That you tried—that you just made up and tried to make a thing.

Raleigh: Maybe. [pauses] Everyone loves that hot bit.

Sydnee: Do you remember Apple Cinnamon Cheerios? Are those still around?

Taylor: Those are good.

Raleigh: I remember Apple Jacks.

Taylor: Hey! Did—

Raleigh: Which was a whole other cereal, but was similar, because it was... well, all those commercial—wow. I'm having, like, lots of unearthed memories. It was, like, an apple and a cinnamon stick that were buds, that went on adventures in those commercials. Also, the cannibalistic Cinnamon Toast Crunch squares in those commercials. We haven't talked about those.

Sydnee: Yeah, those that ate each other.

Raleigh: They ate each other! And then ate themselves!

Sydnee: That's rough, man.

Raleigh: Yeah, that was, like, their whole commercial thing! They were the last ones in the bowl and they just stuck their—their really long tongues out that were very unsettling and ate each other.

Sydnee: That was after they got rid of the chef guy.

Raleigh: See, I don't remember chef guy. I just remember them eating each other. [laughs quietly]

Sydnee: Yeah. There was a—there was, like, a baker guy.

Taylor: Oh yeah! Yeah. [pause] The Cinnamon Toast Crunch guy.

Raleigh: I feel like—

Taylor: Did you know the reason that—apparently the bee's not on Honey Nut Cheerios any more to draw awareness to the disappearance of bees?

Raleigh: [gasps]

Sydnee: Oh... I didn't know that.

Taylor: That kind of makes me—

Raleigh: What?

Taylor: —super sad. I mean, I'm already sad about bees in general, like, a lot of the time. But, like, apparently that's why the bee disappeared from the advertising campaign, to draw awareness to the fact that the bees are dying out.

Sydnee: Aww...

Raleigh: Are we to believe that means that that bee—

Taylor: Nooo!

Raleigh: —was a victim?

Taylor: Oh—oh *no*!

Sydnee: Let's not—

Raleigh: Right?

Sydnee: This is—this is too sad.

Raleigh: This is sad.

Taylor: I'm sorry. [crosstalk]—

Raleigh: I'd rather—

Sydnee: [crosstalk] Is this a good time—

Raleigh: And you got mad at me for thinking that he was just in love with a human lady somewhere on this—this Earth, with the voice of Jerry Seinfeld!

Sydnee: Is this a good time for me to bring up Reptar Crunch? [laughs quietly]

Taylor: As good as any!

Rileigh: [laughs quietly]

Sydnee: Do you remember Reptar Crunch?

Rileigh: [simultaneously] Is there any a good time to bring up Reptar Crunch?

Sydnee: I don't feel like—I don't feel like we were big Reptar Crunch aficionados. I'm looking at these, like, cereals from our day and, like, that one and something called Sprinkle Spangles...

Taylor: Sprinkle Spangles?

Sydnee: Little—they're—

Rileigh: That sounds like the—the drug names they come up with on Riverdale.

Sydnee: Yeah, they do.

Taylor: That's—that's true.

Rileigh: Jingle Jangle?

Taylor: Sprinkle Spangles?

Sydnee: But they're like these little stars with sprinkles on 'em, and there's—it looks like kind of a genie making them appear. I don't know. I don't remember those. Uh... I remember Pac-Man cereal, of course. Who doesn't?

Rileigh: Me.

Sydnee: Well...

Taylor: What a—what about—

Sydnee: ... you're young.

Rileigh: [laughs]

Taylor: —all that spooky cereal? The Choculas and the Boo Berries and the—

Sydnee: Ahhh, yes.

Taylor: —what was the mummy?

Sydnee: Yummy Mummy, right?

Taylor: Wait, really? Was it?

Sydnee: Wasn't it?

Taylor: I—I think you mean—I think you mean—there was Franken Berry. There was Count Chocula. Are you *sure* it was Yummy Mummy?

Sydnee: Uh... there was Fruit Brute, was the wolf one that wasn't around very long. [quietly] Hold on.

Taylor: I really—I'm having a hard—Yummy Mummy?

Sydnee: Yeah! Yummy Mummy!

Taylor: It was called Yummy Mummy.

Raleigh: I have heard of all of these other ones except for that one.

Taylor: That is—

Raleigh: I have no recollection of that.

Taylor: —'cause Yummy Mummy for some reason makes me slightly uncomfortable.

Sydnee: [simultaneously] It was Yummy Mummy! Fruity Yummy Mummy.

Taylor: Fruity—okay. Well, alright. Well... still.

Sydnee: Count Chocula, Franken Berry, Boo Berry, Fruit Brute, and Fruity Yummy Mummy.

Taylor: Alright. I think I was thinking Franken Berry and Boo Berry as the main ones. Yummy Mummy I did not realize was a mainstay of the spooky cereal market.

Sydney: Yeah. Fruit—Fr... Fruity Yummy Mummy. I was a—uh, Count Chocula was the only one I really liked. That was my favorite. [pauses] Um... can't say I was very much into those other—but I—I never loved the fruit cereals. I mean, y'know. Like, I will eat some Fruit Loops. I'm not sayin'—I will eat some Fruity Pebbles.

Raleigh: I was also the same way. Y'know, I preferred my Cinnamon Toast Crunch and my Cookie Crisp, um, to any fruity cereals, which I find interesting, because I don't really like chocolate candy, and I prefer fruity candy.

Sydney: Did you ever have the Reese's Puffs?

Taylor: Oh, yeah!

Raleigh: I did not, but I remember the commercials for them *very* vividly.

Sydney: Those were so good. Well, they came out probably when, like, I was—we were more older teenagers and you were young.

Raleigh: Yeah. 'Cause they—I'm remembering them in the same vein that I remember, like, the Trix commercials when, like, the kids would come home from school, and there was a rap about Reese's Puffs, and the whole house would turn into, like... brown and orange swirls.

Taylor: Yep.

Sydney: Those were so good. Um, Dunkin Donuts cereal was good, too. Do you remember that one, Tey?

Taylor: There was a Dunkin Donuts cereal?!

Sydney: Mm-hmm!

Raleigh: What kind of donut did they pick? They have so many donut varieties at Dunkin Donuts.

Sydnee: I think there were chocolate ones—I don't—I always liked the chocolate ones. I'm sure there were other flavors, but... yeah.

Raleigh: Here's an interesting cereal creation that came out in 2019 that Justin made me try that I'm upset that he made me try, but I guess glad I have the experience. And that's Chicken and Waffles cereal.

Taylor: Ooh?

Raleigh: That did, in fact, have little waffle bits, and did, in fact, have little chicken—chicken drumsticks.

Sydnee: I don't think it was actual chicken.

Taylor: Was it chicken flavoring?

Raleigh: Well, no, it was not actual chicken, but it was not the same flavoring as the waffle, and did taste weirdly...

Sydnee: It was kind of like a salty...

Taylor: Ahhh.

Raleigh: Yeah, it's like—

Sydnee: ... savory...

Taylor: Or is it like chicken crackers?

Raleigh: It's like if you were to get... [hesitantly] Yeah?

Taylor: Like, you all remember chicken crackers, right?

Raleigh: Like if you were to get, like, a... yeah.

Sydnee: Mm-hmm.

Raleigh: Like if you got chicken and waffles and put, like, syrup on your chicken on the top, and it was that kind of taste where it's, like, still not sweet, but it's sweeter than, like, just chicken.

Taylor: Chicken cracker.

Raleigh: Did that—that make sense?

Taylor: Alright.

Raleigh: Yeah. It was like that. It was definitely more salty and more savory than a waffle bit.

Taylor: Well, I don't want meat in my cereal, ever. I mean, I don't want meat in any of my food, for personal reasons—

Raleigh: Or meat-adjacent objects.

Taylor: Yeah, but I don't want anything that, like—I—like, "Uh, here you go! Here's your sweet breakfast cereal, but we got a little bit of meat in there. Just a little bit! Just in case."

Raleigh: Lil' bit!

Sydney: Don't worry. There's just a—just a—you know what we have not discussed at all?

Raleigh: [laughs]

Sydney: Are, uh, cereals with marbits.

Raleigh: With what?

Taylor: Are those the ba—the little marshmallows?

Sydney: The marshmallows.

Taylor: Yeah.

Raleigh: That's what they're called?

Taylor: Yep.

Sydnee: Mm-hmm.

Rleigh: Marbits?

Sydnee: Mm-hmm.

Rleigh: I did not know this.

Taylor: What are—

Rleigh: Now I know, I guess.

Taylor: What is that texture even supposed to be? That—'cause, like, a dry cereal marshmallow, which is just—

Sydnee: I love it. I—I am not—those are not my favorite cereals, but I—

Rleigh: You know the texture it is? It's that green, like, plant foam—

Taylor: Yeah, yeah.

Rleigh: —that you can get.

Taylor: Yeah.

Sydnee: [laughs quietly]

Rleigh: That, like, really easily picks up indentations when you press it, but it's not quite styrofoam, still a bit softer.

Sydnee: Do you—have you *eaten* that?

[pauses]

Rleigh: That's not important to this conversation.

Taylor: [laughs]

Sydnee: [laughs]

Raleigh: I'm just saying that that texture is the same—[laughs]

Taylor: Whoa, whoa, whoa!

Raleigh: —as those marshmallows!

Taylor: That's an admittance!

Sydnee: You're gonna be on *My Strange Addiction*.

Raleigh: [laughs]

Taylor: Eating plant foam.

Sydnee: "I eat... plant foam." [laughs]

Raleigh: Sometimes I get very intrigued and my primal part of my brain says, "I wonder what that thing would taste like?" And then I taste it.

Taylor: I think you're supposed to stop doing that at a certain age. Like, baby.

Sydnee: Yeah...

Raleigh: My brain isn't fully developed yet.

Taylor: No, I think that's, like, a—you stop at baby.

Raleigh: [simultaneously] Only 19.

Taylor: Syd, I don't know, you're a doctor. Is that right?

Sydnee: Yeah... the—the phase at which you explore the world by putting things in your mouth should be past. [laughs]

Taylor: [laughs]

Raleigh: I don't put everything in my mouth! It's just, like, sometimes—like, you know that plant foam that's really soft—

Taylor: You done did baby, what—no!

Rileigh: It's really soft and, like, it's kind of—it's like—

Sydnee: I've never wanted to put it in my mouth, Rileigh.

Taylor: No!

Sydnee: I don't know—I mean, I know what you mean, but I don't wanna—

Rileigh: Okay, but you wanna put marbits in your mouth!

Sydnee: Yeah, I mean, they're food!

Taylor: Eh, adjacent.

Rileigh: Yeah?

Sydnee: Close enough. They're sweet and sugary and... you—digestible, like, they are digestible.

Taylor: They're like a astronaut ice cream. They just kind of dissolve.

Rileigh: Yeah.

Taylor: Like, if you put them in your mouth and you're like, "I don't know about this," they're gone before you really have to think twice.

Rileigh: They're gone. That's true. I do enjoy them. I don't know if I enjoy them enough to ever be one of those people that would get, like, a marshmallow-only box of cereal.

Sydnee: Well, like, the—I've seen—you can find, like, the bags of marbits.

Rileigh: Yeah.

Sydnee: I always see 'em, I feel like, at, like, flea markets and fairs and, like...

Rileigh: Where it's very questionable—

Sydnee: ... craft stands. [laughs]

Rileigh: —as to whether you should be purchasing anything.

Sydnee: [through laughter] Like, strange—yeah, strange places where I'm like, "Why do you have giant bags of marbits, too? Like, why are those here next to your, like... primitive artisan crafts? Like, what—what is—what—" But anyway, there are marbits there. But yeah, no. I can't see myself just, like, "Yes please, let me just get a big ol' handful of straight marshmallow."

Taylor: Yeah... I—I do like the codependent relationship that is Lucky Charms, though. Where you—you know? 'Cause those—those cereal pieces? Nobody wants a bowl of those. That's...

Sydnee: No.

Rileigh: But also, you can't just have the marbits without those.

Taylor: No, you need both. That's the thing. Like, it's a beautiful marriage of, like, "I taste like nothing, but I'm sustenance!" And "[high-pitched voice] I taste like sugar, but I'm nothingness! Let's be together forever."

Rileigh: They have a very mutually beneficial relationship.

Taylor: [through laughter] Yes.

Sydnee: They do require a lot more concentration, though, a cereal like that, because you have to make sure you're balancing every bite, you know?

Rileigh: Yeah.

Taylor: That's—that's true.

Sydnee: [laughs quietly]

Rileigh: It's big science. Can we talk about the milk that's leftover in the bowl when you get—when you eat Cinnamon Toast Crunch?

Taylor: It's good. It's good—like, I mean, cereal milk in general is good milk.

Sydnee: I don't... I—

Rileigh: Yeah but, like, when you get that cinnamon—that cinnamon in there? I—I won't drink cinnamon—I won't drink cereal milk when it is leftover unless it is Cinnamon Toast Crunch milk.

Taylor: Then you just put it in your coffee, and then you make a fancy coffee out of it.

Rileigh: [gasps] Ooh! Or what do you—what does Sydnee do with it?

Sydnee: Did I do something with it?

Rileigh: Did you give it to your cat, maybe? [laughs quietly]

Taylor: Oh, yum cream!

Rileigh: [laughs] Yum cream? [laughs]

Sydnee: Oh, I *did* used to do that! Oh, I forgot about yum cream!

Taylor: That's what you—

Rileigh: [through laughter] You and Justin used to give CJ yum cream where you would set out your leftover cereal milk, and that was her milk!

Sydnee: We did, we did!

Taylor: That's maybe why your cat is a little bit unhealthy. Uh...

Rileigh: [laughs] A little bit on the overweight side.

Sydnee: Yes. Poor CJ.

Rileigh: Poor CJ! [laughs]

Sydnee: I forgot! I forgot about yum cream! We did used to do that!

Rileigh: I can't believe you forgot about yum cream.

Sydnee: Yeah, 'cause I never liked to drink cereal milk. That was never something I—I understood. I just don't—

Rileigh: Every time I came to your all's house there was always a bowl... for sure. Sitting on the ground.

Taylor: Yum cream.

Sydnee: Of yum cream. Yep. We—'cause we would—

Rileigh: Of yum cream intended for CJ.

Sydnee: Uh-huh. Specifically, like, Cinnamon Toast Crunch was the number one...

Rileigh: Yeah.

Sydnee: I mean, but whatever cereal. But that—that definitely does flavor the milk sufficiently.

Rileigh: Yes.

Sydnee: Some cereals it would—it would almost seem weird to be like, "Here, cat. I just ate some... Wheaties. Here—"

Rileigh: [laughs]

Sydnee: "[through laughter] Here's my leftover milk. From my Wheaties."

Taylor: I mean, you—

Sydnee: But, like, with Cinnamon Toast Crunch, it makes sense.

Taylor: You say that, but then, like, over here in New York we have, like, Momofuku Milk Bar that takes, like, corn flake milk and makes it into, like, high end ice cream. Sooo, I don't know. I think you—you should—you save that cereal milk and you do something cool with it. Put it in a cocktail. I don't know. Like...

Rileigh: Go on Shark Tank with your next big product, Yum Cream.

Sydnee: I should—I should just go back to giving it to CJ.

Taylor: No, you shouldn't.

Raleigh: No, maybe you shouldn't.

Taylor: No. That's—don't—

Sydnee: Aw, I love her little kitty heart.

Raleigh: [through laughter] Have you seen—

Taylor: —don't give her all those processed sugars! She doesn't need that!

Raleigh: [through laughter] Yeah.

Taylor: She's doin'—she's doin' good. She's lookin' good.

Raleigh: She's doin' good! She's lookin' good.

Sydnee: She sure used to love yum cream.

Raleigh: She did. You forgot about it, though!

Sydnee: I know!

Raleigh: I can't believe that.

Taylor: Wow. How do you forget yum cream?

Raleigh: *I* remembered yum cream. Taylor remembered yum cream.

Sydnee: It probably went, though—it was probably, Justin and I got Ch—it was one of our attempts to, like, get healthy and stop eating so much cereal. 'Cause at the end of the day—

Raleigh: Just give it to the cat.

Sydnee: I feel like as a doctor, I have to reiterate that, while I have enjoyed cereal all of my life—

Taylor: It's terrible.

Sydney: —[through laughter] it's so bad for you. Even the ones that say they're good for you are only good relative to other cereals.

Taylor: I mean...

Sydney: They're not, like, good for you in the grand scheme of foods.

Taylor: Well, they are ones out there that are good for you, but you can taste it. Like, I'll—I'll get, like, some of those, like—

Sydney: [laughs]

Riley: [laughs] You can taste the healthy.

Taylor: You get, like, all fiber cereals, the twigs, or, like... like—

Sydney: Yeah.

Taylor: There's only a couple of the Special K's that are vegan, one of which is Special K Protein, and it's—you know, it's like—it's got, like, a lot of protein, and, like, not a—it's got, like, very little added sugar. And... you can taste all of that. [laughs] Like, it's all there.

Riley: [laughs]

Taylor: That's one of those, like—sometimes when I eat I'm like, "This is to enjoy." And sometimes it's like, "This is for my robot brain. Just—I need the vitamins and I need these sustenance things." And that's—some cereals are just like, "This is an input." [laughs] "For output."

Sydney: There you go.

Riley: Yeah.

Sydney: But, uh... but I think cereal is a sometimes food.

Taylor: Yeah.

Rileigh: Yeah. Good—good dessert, honestly.

Sydnee: And it's every bit as good... Uh, Teylor, I will say this - cereal is every bit as good when you're drinking, like, some sort of non-dairy milk.

Teylor: Oh, yeah, yeah.

Rileigh: Yeah, like, soy milk or almond milk. I agree.

Sydnee: Yeah. Any of the nut milks.

Teylor: I love...

Sydnee: Every bit as good.

Teylor: I love those good milks.

Sydnee: Yeah.

Teylor: Just not water.

Sydnee: I—that is—

Rileigh: [snorts]

Sydnee: —that—that was—that is a substitution that is, like—was zero problem for me to make. Whether you ever feel you need to make that substitution or not, I can't tell.

Teylor: But—but—

Sydnee: It all tastes good.

Teylor: —but water doesn't work! Orange juice doesn't work. I know, I know what you're thinking. It's a smart idea. Why drink a glass of orange juice and eat a bowl of cereal when I could just have my orange juice on my cereal? But I will tell you, 'cause—

Rileigh: That's exactly what I was thinking.

Taylor: —I did it for you. It doesn't work.

Sydnee: No. Don't do that. And I once saw Hawkeye Pierce pour a beer on his cereal, and while I would follow Hawkeye Pierce...

Raleigh: You did it once.

Sydnee: Or—or Alan Alda to the ends of the Earth, um, I'm not puttin' beer on my cereal.

Raleigh: You did it once.

Sydnee: I've never done that!

Raleigh: I'm surprised. I would've guessed you would've done it once.

Sydnee: No.

Raleigh: Just to see what it was like.

Taylor: I have, and it has nothing to do with Hawkeye. But...

Raleigh: [laughs]

Sydnee: [laughs]

Raleigh: This is a time-saving technique.

Taylor: Yeah. You wanna—you wanna an AM ale or you want some cereal? No. That's all bad. Don't do it, kids.

Sydnee: [laughs quietly] Um, please eat your cereal responsibly.

Raleigh: Yes.

Sydnee: Uh, and—and... yeah. I don't know.

Raleigh: This has been Cereal Time with the Smirl sisters.

Sydnee: Yeah. That's all we have to say about cereal. I have been ordered to find Baby Shark cereal next, so...

Raleigh: Yeah.

Sydnee: I will attempt to locate it. Um, thank you, sisters, for cereal time.

Raleigh: Thank you, sister.

Taylor: Thank you.

Sydnee: For our own personal cereal experience.

Raleigh: Don't tell Justin we did this without him.

Taylor: This has been...

Raleigh: I think he'd be upset.

Taylor: This has been... [pronounced like 'surreal'] Cereal.

[pauses]

Raleigh: Ooooh!

Sydnee: Oooh, I like that!

Taylor: Maybe? Maybe?

Raleigh: Maybe?

Sydnee: Uh, thank you, listeners. If you like this show, you should go to MaximumFun.org for other podcasts that you would enjoy. You should tweet at us @StillBuff, and you should email us at stillbuffering@maximumfun.org. And... that it? Do we have anything else? We don't have anything else.

Taylor: Nope.

Raleigh: Um, Candlesights Stars is still going on, if y'all wanna go to the Go Fund Me. It's on my Twitter, it's on McElroy Family Twitter, it's on everyone's

Twitters, and also Go Fund Me, you look up "Candlenights Stars" or my name, it'll be on there. Raising money for Contact. It's a great sexual assault crisis center here in Huntington. They do a lot of great things, so go check it out!

Sydnee: So go do that. We will, uh—if you donate to Candlenights Stars, we will put your name on a star. It'll be displayed somewhere on the Candlenights stage in some fashion. We always come up with something.

Raleigh: Yeah. Gotta figure that out soon, but we got some time.

Sydnee: Creative and fun.

Raleigh: It'll be fun. Your name will actually be up there.

Sydnee: Yeah.

Raleigh: So go check that out.

Sydnee: Courtesy of our mom's hard work.

Raleigh: Yes. [laughs] That is always where they come from.

Sydnee: And, uh, we will obviously be at Candlenights.

Raleigh: Yeah.

Sydnee: As well. Candlenights already sold out.

Raleigh: I know. That's crazy.

Sydnee: I know.

Raleigh: It's wild.

Sydnee: So if you've tickets, we'll see you there.

Raleigh: We'll see you there!

Sydnee: Uh, and thank you to The Nouvellas for our theme song, "Baby You Change Your Mind."

Rileigh: This has been Still Buffering, a sisters' guide to teens through the ages. I am Rileigh Smirl.

Sydnee: I'm Sydnee McElroy.

Taylor: [simultaneously] And I'm Taylor Smirl.

Rileigh: I am a teenager...

Sydnee and Taylor: [very out of sync] And I... was... too.

[theme music plays]

Sydnee: "[singing] Ho ho ho, I'm hu-hu-hungry!" [pauses]

"Santa?!"

"'Tis the season to be sharing, Fred." [pauses] That's the—that's the Cocoa Pebbles—

Rileigh: Oh.

Sydnee: —Christmas commercial. No?

Taylor: Yep.

Sydnee: "[deep voice] Aw, Fred."

Rileigh: [laughs quietly] That's good, Syd.

[theme music plays]

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[music plays]

Renee: Hi! I'm Renee Colvert.

Alexis: I'm Alexis Preston!

Renee: And we're the hosts of the smash hit podcast, Can I Pet Your Dog? Now, Alexis.

Alexis: Yes.

Renee: We got big news.

Alexis: Uh-oh!

Renee: Since last we did a promo... our dogs have become famous.

Alexis: World famous.

Renee: World—like—

Alexis: Stars on the Hollywood walk.

Renee: I have a second big news.

Alexis: Mm-hmm?

Renee: The reviews are in.

Alexis: Mm-hmm?

Renee: Take yourself to Apple Podcasts, you know what you're gonna hear? We're happy!

Alexis: It's true!

Renee: We're a delight! A great distraction from the world!

Alexis: I like that part a lot.

Renee: So if that's what you guys are lookin' for...

Alexis: Mm-hmm?

Renee: You gotta check out our show! But what else can they expect?

Alexis: We've got dog tech, dog news, celebrities with *their* dogs, all dog things!

Renee: All the dog things. So if that interests you, well, get yourself on over to Maximum Fun every Tuesday.