

## Wonderful! 131: `Skeetos

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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 feel like you hit the “L” in our last name, like really hard that time. And I almost never do it—perform it that way, or hear it that way?

**Rachel:** It gets—there’s a lot of vowels in there, and it gets kind of mumble-y?

**Griffin:** Right.

**Rachel:** And so I—I try really hard to kind of say each syllable precisely.

**Griffin:** And I appreciate that! It shows a certain r—like, reverence—

**Rachel:** [laughs]

**Griffin:** —for the brand. [laughs]

**Rachel:** I’m relatively new to this last name.

**Griffin:** I know! And I—I—you know, I stumble in like a drunkard off the street, like... “I’m Mackaroy. I’m Mackaroy.”

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

**Griffin:** It could be spelled any which way.

**Rachel:** Mm-hmm.

**Griffin:** There may or may not be an “L” in there. But *you* come in here with your eloquent diction...

**Rachel:** Thank you!

**Griffin:** And you just smash it right out of the freaking park, man.

**Rachel:** Thank you so much.

**Griffin:** Now your first name, you could use some help with that. Your first name, you could—

**Rachel:** Oh yeah? Do I stumble through that?

**Griffin:** You could—I got some notes!

**Rachel:** [laughs]

**Griffin:** I’ve been taking notes. Uh, this is a show where we talk about things that are good, things that are wonderful, things that are nice, that are lifting us up! That are the winds beneath our wings!

**Rachel:** Mm-hmm.

**Griffin:** And there are still those things, and that’s good... And I want to talk about a small wonder, which is this fresh, flirty, fun... might I even say sexy haircut that my wife Rachel gave me last night, in our bathroom.

**Rachel:** [laughs]

**Griffin:** With a razor. I did a little touch up work on the bangs.

**Rachel:** You say “with a razor,” but I feel like that’s—that’s a little misleading.

**Griffin:** With an electric—uh, clippers. Clippers.

**Rachel:** Clippers.

**Griffin:** Electric clippers.

**Rachel:** Mm-hmm.

**Griffin:** Uh, used a size—well, she used a size six guard.

**Rachel:** Mm-hmm.

**Griffin:** Faded up to an eight. Full eight, up on the top.

**Rachel:** Mm-hmm.

**Griffin:** Listen, we're not trying to go—

**Rachel:** [laughs]

**Griffin:** —crazy, here, right? We're not trying to reinvent the wheel.

**Rachel:** Mm-hmm.

**Griffin:** Um, but uh... ooh, it looks good.

**Rachel:** You do! You look fresh.

**Griffin:** I feel good! God, it's the longest I've gone without getting a haircut in a very, very long time. And uh, I feel a lot better. I feel a great weight has been lifted off my... scalp, I guess.

**Rachel:** Oh, yeah.

**Griffin:** Do you have a small wonder?

**Rachel:** Uh, I am gonna say the, uhh... the outdoor fan.

**Griffin:** The outdoor fan?

**Rachel:** The outdoor fan!

**Griffin:** It's a br—it's a wind you can conjure up with... technology.

**Rachel:** Uh-huh! Some might say electricity!

**Griffin:** You don't even have to wait for Mother Nature.

**Rachel:** Mm-hmm.

**Griffin:** You say, "I am Mother Nature!"

**Rachel:** Mm-hmm. We, uh, have a very nice deck that we have invested time into, but still don't spend a lot of hours, y'know, sitting out there.

**Griffin:** The mosquitos have invested more time into it.

**Rachel:** Yes. Yes, and so, Griffin said, "This is the time."

**Griffin:** Yes.

**Rachel:** "I'm putting a fan up, I'm doing it. Let's not wait a day longer." And uh, I'm grateful for it.

**Griffin:** And now these dumbass mosquitos fly up like "Time to bite ya!" But then they get caught up in a whirlwind of our own creation!

**Rachel:** [laughs]

**Griffin:** And are blown, hither and `yond.

**Rachel:** Yeah.

**Griffin:** Take that, you fucking bloodsuckers. God I hate mosquitos so much!

**Rachel:** I know.

**Griffin:** I—as much as we talk about things we love on this show, I could fill an entire... `nother podcast of just like, bad shit, with *just* mosquitos.

**Rachel:** Uh-huh.

**Griffin:** What the *fuck* are they doing? Who do they think they *are*?

**Rachel:** Yeah, I don't know.

**Griffin:** They're not good bugs. People are like, "Don't—don't kill spiders because they're cool and they eat other bugs." And it's like, yeah! For sure. I'm with you on that. If a bee is flying around, don't get scared of it, that it's gonna sting you, it's more scared of you! Honey bees are great. `Skeeto? [pauses] Get the *fuck* out of here, `skeeto!

**Rachel:** Yeah. No, it's the worst.

**Griffin:** Now we're gonna get comments on the Facebook, like, "Actually, `skeetos are..."

**Rachel:** "Uh, excuse me, I am a mosquito."

**Griffin:** "I'm a `skeeto, and I think we're pretty cool!"

**Rachel:** [laughs]

**Griffin:** Uh, hey, I go first this week.

**Rachel:** Okay.

**Griffin:** I wanna tell—this one's gonna be so quick. I felt foolish, a little bit,

while preparing it, cause I was like, "Ooh! I wanna talk about this." But then I was like, "I will be able to talk about this for about 90 seconds, and then that will be it." Uh, it kind of evolved though, this topic. I wanna talk about remixes of Carly Rae Jepsen songs.

**Rachel:** [laughs]

**Griffin:** You're laughing because I sent you one of these this morning, like, "You gotta... you gotta jam on this."

**Rachel:** Well and just, I feel like you're gonna find at last a dozen ways to talk about Carly Rae Jepsen.

**Griffin:** Listen—

**Rachel:** Just, the minutiae, just to make sure that we continue to keep her in the orbit.

**Griffin:** I use all the parts of a CRJ buffalo, okay?

**Rachel:** [laughs]

**Griffin:** And right now, the buffalo part that I'm using is the remixes of her songs, because guess what? There's a billion, jillion of these. There's so, so many remixes of Carly Rae Jepsen songs.

I couldn't quite put my finger on why? Uh, I guess—I think it's just because, like, her music is kind of pop-y and accessible in a way that like, makes it kind of easy to chop and screw? Like, it's made up of different sort of constituent components that are easy to kind of like, dissect, and then do your own sort of thing with?

**Rachel:** Well yeah, and like, if a song is a bop, like you want to remix it. You wanna like, bring a new dance energy to it, I feel like.

**Griffin:** Yes. So she has released a ton of, uh... like, EP-length albums that are, uh, remixes of some of her—her, you know, biggest songs. Uh... the one

that showed up in a, uh, discover weekly list for me, and... I have just been listening to nonstop, cause I'm just crazy about it, is a remix of Run Away With Me, off her seminal album, uh Emotion... uh, by an electronic music artist named EMBRZ, E-M-B-R-Z, all caps, in the cool way.

And uh, I am just so wild about this—this remix. He is a—EMBRZ is an Irish DJ who is all about making sort of soft dance music? Like, dance music that is not all, like, hard drops and pulsating beats, but just kind of like... a little bit gentler than that? Which I really appreciate.

I think you could kinda slot it into, uh... the future-bass genre, which is something I'm very, very into right now, which is just sort of like... weirder percussion, and like, pulsating synths, and just sort of gentle... gentle drops. Uh, and that is—

[future-bass starts playing in the background]

**Rachel:** Future-bass? That's a... that's a thing?

**Griffin:** That's a thing, that's a genre. Yes.

**Rachel:** Okay.

**Griffin:** Future-bass. Um... And—yeah! I'm gonna play a little bit of this remix right now, uh, so you can get a feel for it!

[remix of 'Run Away with Me' by Carly Rae Jepsen plays]

**Griffin:** That background synth, that like, wobbly, like, saw tooth synth over the chorus is like, my favorite sounding thing. Like, I love how, uh, when it's—you know, a sound like that is like gaited and wobbly, that like, intensely? Like, it kind of messes with your ears? I guess that's my ASMR, is wobbly synths.

Uh, but I also really like, um, vocal chops? Where an artist can like, take, uh, an a cappella vocal performance, and then like, turn it into its own

instrument by just putting in little clips of it here and there to like, turn it into a new thing. I think that's so cool.

**Rachel:** So you feel like you have a new appreciation for this kind of music, now that you create music?

**Griffin:** Yeah, I uh—this is the type of music that like, if could be—if I—if I was like very, very skilled at, uh... like, synth-work, like, making my own sort of synth sounds inside of synth engines, and uh... you know, mixing and mastering to a degree that I'm just like, I don't know how to do. Uh, this is the kind of music that like, I feel like I would want to make, cause it's so cool! Like it sounds—it sounds so cool, and it's so listenable.

And I really have been listening to like, this song and—and other, like sort of future-bass-y stuff, like, nonstop. Um... but yeah, I think so. Like, I at least know a little bit more of the language.

**Rachel:** 'Cause I feel like you're able to pick out, like distinct sounds better than I do. Like, I don't listen to music, I think, the same way that you do.

**Griffin:** Well, I don't know. I think, uh... I think I feel that way about this particular genre, because this particular genre is all about this sort of specific layering of just a ton of different sounds.

**Rachel:** Yeah.

**Griffin:** What I really, really like about this genre, and this song, um... And more of EMBRZ's stuff, is that uh, you listen to it and it's—because it is sort of gentler, because it is sort of quieter, you assume that it is like... A simpler thing. But there's actually a ton of stuff going on. Like, little clicks and pops that you may not realize, or like steady background—you know, ambient effects that you don't realize until you like, listen to it a little bit more critically, and realize like, oh actually, there's a—there is a lot of very, very specific stuff going on here that I—I really really appreciate.

Um... And yeah, there's a lot—I just, I really like a good remix. I like a good remix, especially of a song that you already really, really enjoy, because it's like you've—you've found another faucet of what makes that song good.



**Rachel:** I feel like at the beginning of every remix, someone needs to shout, "It's the remix!" Right?

**Griffin:** That would be helpful, just to let me know.

**Rachel:** It gets me more hype. Like, "Oh, no! Here we go!"

**Griffin:** Oh—oh no, would be your reaction?

**Rachel:** Well, I'm trying to keep it clean.

**Griffin:** If Billy Ray Cyrus—

**Rachel:** You know...

**Griffin:** Oh, you didn't wanna say...

**Rachel:** I didn't wanna say a curse.

**Griffin:** Oh. Yeah. Yeah no, you're very—

**Rachel:** I guess I could've said, "Oh dang!" [laughs]

**Griffin:** Yeah, that would've been better.

**Rachel:** Cause I'm not—I'm not—I'm not afraid of it!

**Griffin:** Oh no—oh no makes it sound like—right. That makes it sound like it's Billy Ray Cyrus opened up the remix of Old Town Road like, "Oh no!"

**Rachel:** [laughs]

**Griffin:** "I'm about to do it!" Uh, yeah. Oh, and there's another remix that I found here, just because I wanted to play another one, of—of Carly Rae Jepsen's... Uh, of Party For One, which I don't think I've talked about on the show before?

**Rachel:** Oh, yeah!

**Griffin:** Fuck, that song rules! It's probably my favorite song off her newest album.

**Rachel:** It's good!

**Griffin:** Uh, this is an—they put out, a—a full EP of just remixes, for Party For One, and this is, uh, one of those remixes by um, More Giraffes, to take us out.

[‘Party For One CRJ Remix’ by More Giraffes plays]

**Griffin:** Hey, what's your first thing?

**Rachel:** My first thing, and this—you're gonna think maybe we've talked about this before, but I think we've only indirectly talked about it.

**Griffin:** Okay?

**Rachel:** And that is the sound of water.

**Griffin:** Oh!

**Rachel:** Mm-hmm.

**Griffin:** Okay...

**Rachel:** I'm not talking about the film, with the... uh, the fish-man. I'm talking about the actual—

**Griffin:** Okay.

**Rachel:** The pleasing sound of water.

**Griffin:** Do you think they will make a sequel to the sexual fish-man movie, called The Sound of Water?

**Rachel:** [laughs]

**Griffin:** In which they become a sort of like, country Americana duo?

**Rachel:** Oh...

**Griffin:** But under the—under the sea.

**Rachel:** I do enjoy that a lot! The fish-man in a cowboy hat? Come on.

**Griffin:** Yeah, that'd be good. It would—

**Rachel:** Come on!

**Griffin:** It would be like A Star Is Born—

**Rachel:** [laughing]

**Griffin:** But sort of... aquatic.

**Rachel:** Oh, I love that! Can you, um...

**Griffin:** I think it would go a little something like this.

**Rachel:** Yeah, here we go! [laughs]

**Griffin:** [noises intended to mimic underwater country singing] 'Cause they're underwater?

**Rachel:** That's incredible... that you can just pull that, just in a moment's notice.

**Griffin:** [continues underwater singing]

**Rachel:** [laughs]

**Griffin:** That's the part where she, like... you know...

**Rachel:** [laughing] It's so nice!

**Griffin:** I know.

**Rachel:** Hey, can I tell you about my thing, though?

**Griffin:** Taste of Water? Well, I'm glad you asked!

**Rachel:** [laughing]

**Griffin:** That one's gonna be... like the Bradley Cooper cooking movie, that I can't remember the name of.

**Rachel:** There it is, yeah.

**Griffin:** Bradley Cooper runs the gambit of all of our human senses.

**Rachel:** Is it called No Reservations?

**Griffin:** No. You are thinking of—

**Rachel:** I'm thinking of the Catherine Zeta Jones—

**Griffin:** The Catherine Zeta Jones film.

**Rachel:** —cooking movie.

**Griffin:** Which I saw in theaters, and is maybe the worst movie I've ever seen in my life.

**Rachel:** [laughs]

**Griffin:** Anyway... we've stumbled so far away.

**Rachel:** Uh, the sound of water. So I'm talking about the—the ocean, I'm talking about that creek, I'm talking about those, like, lovely little water sounds, that are so soothing.

**Griffin:** Okay. Can you make those with your mouth? Just to give me an example of what you're talking about?

**Rachel:** Can I do the wave sound? It's a little easier.

**Griffin:** Yeah, do the wave sound, please.

**Rachel:** [makes wave sounds]

**Griffin:** Yeah, that sounds like a sick person...

**Rachel:** [laughs] That's a little Darth Vader!

**Griffin:** A little bit. You wanna try again?

**Rachel:** [still laughing] Oh, I'm gonna go again?

**Griffin:** Yeah!

**Rachel:** [laughs] [makes more wave sounds]

**Griffin:** And what sound is that? What water sound is that?

**Rachel:** It's like the waves, crashing. [more wave sounds]

**Griffin:** I love how water is completely silent in the ocean, until it hits something, and then it goes, "Bahh!"

**Rachel:** [laughs] Hey, I'm not the foley expert over here! I leave that to you.

**Griffin:** True.

**Rachel:** Uh... So, the sound of water, uh actually has been studied, because people love it so dang dang much.

**Griffin:** M'kay.

**Rachel:** Uh, and... They specifically studied its impact on stress levels, and that stress hormones have dropped 20 to 30% when they have studied it, when somebody listens to the sound of ocean waves, waterfalls, or splashing creeks.

**Griffin:** Hmm!

**Rachel:** Uh, they say—So the people that have studied it, like various, you know, sound engineers that have studied it, have said that water creates what they call, like, a broadband sound, which means that there aren't like little distinct noises that you pick out. It's just like a—like, it overwhelms your sense of sound so much, that your brain isn't trying to pick out like, distinct noises.

**Griffin:** Interesting.

**Rachel:** So it's like, calming in that way. This is an associate professor of bio-behavioral health at Pennsylvania state says, "The slow whooshing noises are the sounds of non-threats, which is why they work to calm people." Uh... the idea, like I said, is that, you know, you're not—you're not hearing these distinct, less attractive noises. You're just hearing this like, single sound... uh, which relaxes your brain.

**Griffin:** That's interesting. I was trying to think of something threatening that makes a—a sound like that, and I really couldn't. It's not like a tiger comes up at you like, [softly and monotone] "Raaaawr..."

**Rachel:** [laughs] Well, and that's what they said. So, people are kind of trained, just on like a... a primordial level.

**Griffin:** Right.

**Rachel:** Uh, to distinguish between threat and non-threat. And so, they did a 2012 study in a hospital setting. And so, even at low volumes, at like a whisper-level, alarms from hospital equipment would wake study-participants from sleep 90% of the time.

**Griffin:** Wow.

**Rachel:** Uh, and half the time from deep sleep. So that's, you know, shallow sleep versus deep sleep. Meanwhile, the sounds of helicopters and traffic, while reaching 70 decibels, which is almost twice as—as much sound, did not wake participants frequently as alarms, ringing phones, and human conversations would.

**Griffin:** Interesting.

**Rachel:** Mm-hmm.

**Griffin:** I mean... I—I'm sitting here, like, thinking about this when I really don't need to. I require white noise to fall asleep at night.

**Rachel:** Yeah!

**Griffin:** Or else I can't.

**Rachel:** Yeah, well—and that's what they talk about. Like, the sound of water, in some ways, is—is more relaxing than the sound of white noise. Uh, and—and they think there's maybe some, like, you know... amniotic, womb—

**Griffin:** Womb-y sort of experience.

**Rachel:** Womb-quality.

**Griffin:** Yeah.

**Rachel:** Yeah. Or they even like—I was reading this kind of, like... Earth-y explanation that talks about how like we are majority water, as people, and—

**Griffin:** Yooo...

**Rachel:** We have evolved from water creatures, onto land... [laughs]

**Griffin:** Whoa, yeah! I'm—aw, I love that shit!

**Rachel:** [laughing] I know!

**Griffin:** In my DNA code, there's still some fish in there that's like, "Yeah, bud!"

**Rachel:** [laughing] Uh... I—so you before have talked about, like the creek behind our house, and how pleasing it is when it rains.

**Griffin:** Yes. It takes some doing, but once it's running, it's a—it's gorgeous.

**Rachel:** We were sitting outside, and there was kind of, like, wind in the trees, which kind of had an ocean sound to it, and it just reminded me how much I love—I just love that ocean sound.

**Griffin:** Yeah!

**Rachel:** It is very, just like, automatically calming.

**Griffin:** It is, yeah.

**Rachel:** Mm-hmm.

**Griffin:** But then those `skeetos would come around... ooh, god, I—ooh! I'm so sick of those `skeetos!



**Rachel:** [laughs]

**Griffin:** I love the creek. I love the sound it makes.

**Rachel:** Mm-hmm.

**Griffin:** I love it's aesthetics, but the `skeetos love it even more.

**Rachel:** Mm-hmm.

**Griffin:** And it drives me crazy.

**Rachel:** Mm-hmm.

**Griffin:** If I could press a button to explode all `skeetos, I would do it.

**Rachel:** Mm-hmm. Should you maybe run for office, and have that be your platform?

**Griffin:** Hey, it's me, Griffin McElroy. I don't know how, but I'm gonna poison every mosquito on the planet.

**Rachel:** [laughs]

**Griffin:** [laughs] Join me in my beautiful crusade.

**Rachel:** In my hate-campaign.

**Griffin:** Will I destroy parts of other—parts of the eco system? Yes. Will there be collateral damage? Yes, absolutely. Are there things that love to eat the `skeetos? Of course.

**Rachel:** [laughs]

**Griffin:** And are they gonna also perish?

**Rachel:** Yes!

**Griffin:** Destabilizing the entire eco system? Yes! Is this an irresponsible thing for me, real Griffin McElroy, to be saying on a podcast? Absolutely it is.

**Rachel:** Of course it is.

**Griffin:** Do I hate `skeetos that much, that I don't care? Of—yes!

**Rachel:** Yes!

**Griffin:** They *bite* you! That's *my* blood!

**Rachel:** Hmm...

**Griffin:** That's my blood! I worked really hard to grow that blood inside me.

**Rachel:** Mm-hmm.

**Griffin:** I eat the hamburger, and I turn it into blood in my body, I think.

**Rachel:** [laughs]

**Griffin:** And I work really hard on that process!

**Rachel:** So it's just—is it the biting? Is it the invasiveness of the biting, or is it the... the after-itching? Or is it all of it?

**Griffin:** It's all of it. The itching, I get over pretty quickly.

**Rachel:** Oh see, the itching is what I hate!

**Griffin:** I don't—but I don't like looking down and seeing a little `skeeto with his snoot in my blood, just like—

**Rachel:** Yeah...

**Griffin:** [high pitched mosquito voice] “Hehehe! Hey partner! Mind if I— Have a little bit?” I ate so many hamburgers to make that blood.

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

**Griffin:** And it’s—and I only have so much of it. So stop it!

**Rachel:** Hey, can I steal you away?

**Griffin:** Yes, please.

[music plays]

[advertisements play]

**Griffin:** Hey, can I read a jumbotron here, ‘cause it would be very confusing if you read it?

**Rachel:** [laughs] Yeah, sure!

**Griffin:** This one is for future-Rachel and it is from past-Rachel, who says “Rachel!” Not you, you see?

**Rachel:** Thank you, thank you! [laughs]

**Griffin:** Your ears perked up, you sat up straight. [clears throat]

“Rachel, by the time you’re hearing this, you’ll be done with your thesis and have a master’s degree. I have been spending a lot of time writing about Victor Frankenstein and his whole deal, so I hope you’re taking a break and being proud of all the hard work you’ve accomplished. You’re amazing. Love, Rachel from the past.”

**Rachel:** Congratulations, Rachel.

**Griffin:** That is a congratulations. Rachel was looking for this message to be in May, so we may have jumped the gun a little bit.

**Rachel:** Mmm...

**Griffin:** If that's the case, keep on grinding, on Frankstein.

**Rachel:** Yeah.

**Griffin:** You are so close!

**Rachel:** Mm-hmm.

**Griffin:** You're gonna get there... because past-Rachel said so, in a prophecy.

**Rachel:** Mm-hmm.

**Griffin:** Foretold, by crystals.

**Rachel:** And Rachel's, historically...

**Griffin:** Never wrong.

**Rachel:** Never wrong. Uh, can I read the next one?

**Griffin:** Yes.

**Rachel:** This next message is for Felicia. It is from Austin.

"To Felicia, the shining star that inspires me every day. You are the greatest treasure I have ever known. You are a masterpiece of a woman, and I am eternally grateful that I am able to be your partner. I love you, my blessing of the cosmos. Yours, Austin."

**Griffin:** Holy shit.

**Rachel:** Woo, that's grand!

**Griffin:** "Blessing of the cosmos."

**Rachel:** Yeah!

**Griffin:** Do you think Felicia is—and, a lot of people are talking about this—

**Rachel:** Uh-huh? Mmm...

**Griffin:** I read in a lot of the, um, tabloids? That Felicia is actually a constellation? That, um...

**Rachel:** You know, I recognize that, I think. When you look to the night sky?

**Griffin:** This happens a lot, actually. Sometimes somebody will make a wish and a constellation will come to life, like a weird science?

**Rachel:** [laughs]

**Griffin:** And then come down, and fall in love, like a mannequin.

**Rachel:** I... wanna know who, if there was a movie...

**Griffin:** Mm-hmm?

**Rachel:** Let's say... Who would play Felicia, the constellation come-to-life?

**Griffin:** I mean... [leans away from the microphone and groans] [pauses] Tyra Banks?

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

**Griffin:** Yeah, thank you!

**Rachel:** Gosh, that's good!

**Griffin:** Yeah.

**Rachel:** Perfect casting.

**Griffin:** Yeah. Honestly, it sounded like I had to think for a while about that, but Tyra Banks was first thought?

**Rachel:** [laughs]

**Griffin:** And then I was like, "Is there anybody better than Tyra—"

**Rachel:** Nope!

**Griffin:** And the answer was no.

**Rachel:** Nope.

**Griffin:** It's gonna be... it's gonna be Ty.

[Maximum Fun advertisement plays]

**Rachel:** Hey, can I hear your second thing?

**Griffin:** Oh, yeah! Uh, in—in the category of things I can't believe we haven't talked about before... And, I did—I looked in the site, and it said no, we hadn't talked about it. Speaking of soothing water noises... The water noise that soothes me the most, is the noise of water being circulated to a very specific temperature, so that it may cook a protein—

**Rachel:** Oh...

**Griffin:** To my exact specifications. I am talking about sous-vide cooking. That's right, people. It's time.

**Rachel:** Is it weird, when you said “circulated water,” I thought you were gonna talk about toilets?

**Griffin:** You thought I was—

**Rachel:** I had this moment, where I—

**Griffin:** Toilets are... okay.

**Rachel:** I thought you were gonna just express a profound appreciation for the toilet.

**Griffin:** I’ve talked about bidets before, almost certainly.

**Rachel:** Yeah.

**Griffin:** Yeah. Because, uh—uh, you know. That’s another sort of... listen, I have a lot of sort of water features in this house that are important to me.

**Rachel:** [laughing]

**Griffin:** And sous-vide is the number one thing!

**Rachel:** Yes.

**Griffin:** I think there has never been a better time to get into sous-vide cooking. I think that it is, uh, a... It slotted into my work-from-home lifestyle, in a way that was like incredibly good? And I think it will, therefore, slot into everybody’s quarantine lifestyle in a way that is similarly fantastic.

Uh, sous-vide cooking, if you do not know, is a method of cooking where you have a big container of water. We have a 16 quart, uh, container of water, with like a special lid, that a water circulator slots down into. We use one by Anova, which is the, uh, like, general recommended brand. It’s like a hundred bucks, so there is a significant price investment, but it is my favorite thing that we own in the kitchen.

And you take vacuum-sealed food, which you can do with a vacuum sealer. We invested in one, but you could just do water displacement, where you put a thing in a bag and then lower it into the water, and it pushes all the air out.

Uh, and so you have this vacuum-sealed food, and you can put whatever else in there, with the meat. Usually, like, I—we will—I say meat. You can cook whatever. But like, I'll put a steak in there with like some rosemary and a little pat of butter, and maybe some garlic. Vacuum-seal that up, get that marinade going, get that good flavor in there going.

Drop it into the water, at that specified temperature, at a specified length of time, and then you take it out, and it will be perfectly cooked through at the exact temperature that you set it at, because of science and technology.

**Rachel:** Yeah, yeah. And—and then, you know, you just like... You—you sear it or whatever, and then—

**Griffin:** Sear it to get some color on it, or—

**Rachel:** It's very little effort, on your part.

**Griffin:** You also, like—I have gotten, I will admit, a little bit lazy with sous-*vide*, because like, we were heating up some curry the other day, and wanted some chicken to put in it, and I just sous-*vide* some chicken! And you don't even have to sear it—that off, cause it's going into a curry. You just like, plop that right into the thing, and it's good.

I co—I defrost shit in the sous-*vide* now, cause it's a—it is a no-fail way of—you can't fuck it up, which is perfect.

**Rachel:** Yeah.

**Griffin:** Nothing is more frustrating to me then spending a lot of time on a kitchen project... This is why I stopped baking bread, is because like it takes so fucking long—



**Rachel:** Uh-huh.

**Griffin:** And you work so hard at it—

**Rachel:** Yeah.

**Griffin:** And then it comes out, and it's shit, and you're like "Urgh, god! It's—I've wasted the entire day and a significant amount of food resources on this garbage food."

**Rachel:** Yeah, that's exactly true. It's like, never too dry. There's no danger of overcooking it. Like, it is—it is always perfect.

**Griffin:** You can, uh, freeze stuff, in advance? I—wWe had one beautiful week, where like on a Sunday, I had like—Henry took a long nap, and I just prepped a bunch of different, like, bags in the freezer. Like, vacuum-sealed bags of chicken and pork and steak, and all kinds of different stuff.

Put that in the freezer, and then, you just set the circulator at the temperature that you're supposed to cook stuff at, plop the frozen bags right in there, cook it for—you can drop right in there frozen, man! You don't even have to defrost that shit!

**Rachel:** Yeah, this is what I don't understand. How... Does it adjust the cooking time if you put it in there frozen?

**Griffin:** You have to do it a little bit longer.

**Rachel:** Okay.

**Griffin:** They say like, time plus 50%?

**Rachel:** Okay.

**Griffin:** But like, even that has been like, not necessarily true for me?

**Rachel:** That's what blew my mind, right? That you can put it in there frozen!

**Griffin:** You can put it right in there frozen! It does spike the water temperature down a little bit?

**Rachel:** Yeah.

**Griffin:** So you have to wait for it to like, climb back up. I think that probably adjusts for the extra time?

**Rachel:** Okay.

**Griffin:** But like, everything that goes in that water ends up being the exact temperature that the water is as it's being circulated.

**Rachel:** I have never—I tell this to Griffin, pretty much every time he uses the sous-vide. I have never been a huge fan of the red meat? Um, because—

**Griffin:** Nor I!

**Rachel:** I have had a lot of poorly cooked red meat, and I have thought, "Who wants to eat something that requires you to chew this much?"

**Griffin:** Right.

**Rachel:** Turns out, if it is cooked well... Uh, you don't have to chew that much! [laughs]

**Griffin:** Yes, exactly! I—I never cooked, uh... yeah, that or pork, really, I never really messed with. We did chicken, but like never in like a—a starring role. Usually, the chicken would be like a—a, you know, a thing we would chop up and put into something else.

**Rachel:** Yeah. Well, and we'd be so nervous about undercooking it, that we

would cook it to a temperature where it was not particularly enjoyable.  
[laughs]

**Griffin:** Exactly, yeah! And so, having this way of guaranteeing that you have cooked... I—I think for me, knowing that I have cooked this *perfectly!*

**Rachel:** Yeah!

**Griffin:** I have made this food perfect—well, I didn't. Technology and water and time made it perfect. Uh, but knowing that like, I am serving up some—some dish that has been cooked up perfectly is so, just, soul-satisfying to me.

And also like, you know, it traps in like all the good juices in that bag. Like, it's not just that like, the temperature has been like perfectly, uh, cooked. It's like, tastes really fucking good, too!

**Rachel:** Yeah.

**Griffin:** Uh, so it is like an investment up front, if you want—if you want like, a decent circulator, and you want like a—a vacuum sealer to make it less of a nightmare, uh, to do that stuff. Like, you are gonna be spending money.

But like, I cannot—it has not only, uh... given us a bunch of very, very good dinners, and a bunch of very, very good meals, it has sort of like... uh, added a whole 'nother section of—of cooking to my repertoire, of just like—I'm going to make some very good chicken thighs.

**Rachel:** Mm-hmm!

**Griffin:** And then serve that with a side vegetable. Like, it's not like I have to go and like find a very fancy recipe that takes hours and hours and hours to cook. Now we can just be like, "Here's a side dish, here's a good protein that I know how to make."

I can freeze it during—you know, during a lazy weekend day, and then just like... You know, four o'clock, I'll heat the water up, drop the bag in, and then at dinner time, sear it off and it's good to go, and it takes no time at all. It's so good.

**Rachel:** This has also become Griffin's go-to present for somebody, if he is trying to figure out, like, a thing for somebody that likes to cook. This is like "Do they have a sous-vide? No? Okay, that is what I'm getting."

**Griffin:** Yeah. I think I've gotten it for everybody, at this point. It's also the present that people sleep on. They're like, "Oh... Thanks."

**Rachel:** Yeah. Cause it's intimidating.

**Griffin:** And then I get a text from them, like three months later—

**Rachel:** It looks intimidating, to me.

**Griffin:** It's wicked not, though. Like that's the—that's the thing I wanna stress. Cause I do—I genuinely—I'm gonna get goopy here, but I think it would be a good thing for people to do, if they are at home. They are just sort of like struggling because they don't feel a sense of like, creative satisfaction in any way, and they're looking for some—

Making food, for me, is like very creatively satisfying, because you make it and you feel proud of yourself, because you made a good thing. And then also, you get to eat it. And that is like, you know, that's why chefs chef, right? And—but like, it was hard for me to really scratch that itch with these long-ass recipes that wouldn't turn out very good?

**Rachel:** Yeah!

**Griffin:** This is a way that like, it'll slot really nicely into your day, and then you get really, really good meals that you can impress people with, and eat, and be satisfied by. And it's not that fancy. It really isn't. It's really easy.

**Rachel:** And there's—we're talking a lot about meat, but there's like a lot of stuff you can do in there.

**Griffin:** Yeah, sure!

**Rachel:** That we haven't even tried yet.

**Griffin:** It's—you can make really, really good eggs, this way. You can make crème brûlée, this way. You can make, um... you know, any vegetable that you want to cook through perfect. Anything you vacuum-seal is gonna get cooked right. Um, you just may have to do a little bit of finishing, too.

But yeah, I—I—it has changed cooking for me in a major way, and taught me a lot about sort of like... heating food. Like how—the way that food likes to be heated up. Even when I'm not sous-vide cooking, like, I understand like, when something is done now, because I've seen it done perfectly?

**Rachel:** Yeah!

**Griffin:** Sous-vide, man! It's powerful and good and I love it, and I'm enthusiastic about it. I have some stuff here about the history of it, but it's boring. But a chef and a scientist worked together.

**Rachel:** [laughs]

**Griffin:** The end.

**Rachel:** Well, I don't want to stop you, did you wanna—do you want to talk about anything about the... the chef and the scientist, or...

**Griffin:** It was like, the '70s. And they were just like—they were just like, doing it. The chef was working on foie gras, and decided that like—

**Rachel:** Ah, yeah.

**Griffin:** Doing it in—in submersion was the way to go, and then the

scientist added, sort of vacuum sealing into the mix, and then the two of them collaborated and... sous-vide came out of that.

**Rachel:** I love that.

**Griffin:** Yeah.

**Rachel:** [clears throat]

**Griffin:** Hey, what's your second thing?

**Rachel:** My second thing is somebody that I did not know much about, uh... But I wanted to explore a little bit, and I thought, uh, she was pretty wonderful.

**Griffin:** Okay?

**Rachel:** It is Jeannette Rankin.

**Griffin:** Jeannette Rankin? That name is familiar.

**Rachel:** Mm-hmm. She is the first woman to hold federal office.

**Griffin:** Oh, okay. That's why.

**Rachel:** Yeah! Uh, she was elected to the U.S. House of Representatives from Montana in 1916, and again in 1940.

**Griffin:** Hell yeah.

**Rachel:** Yeah!

**Griffin:** Wow, that's—wait! That's a huge spread, Jeanette, wow!

**Rachel:** Uh-huh! So she lived 'til 92.

**Griffin:** Whoa, damn!

**Rachel:** Uh, and had a super long career. She kind of started as a social worker, when that was a relatively new thing? So again—sSo she's born in 1880.

**Griffin:** Whoa, okay.

**Rachel:** Which is be—even before Montana was a state. [laughs] Uh, and then she—she—well, and probably among few women in her time period, went to college, uh and then went to school to become a social worker.

Uh, and then kind of lived all over the country. She spent some time in New York, uh, she spent some time in Seattle, and kind of built on the whole cause of women's suffrage. Uh, which she gained some... recognition for, uh, and then became president of the Montana Women's Suffrage Association.

This was back when suffrage was a state-by-state quest.

**Griffin:** Yeah.

**Rachel:** So there was no amendment, at this time. It was just, each state would decide whether or not they were gonna let women vote. [laughs] Uh, and that kind of continued, um... when Rankin gained office. It was still not an amendment, and so she gained office and was the first woman elected to the House of Representatives in 1916.

Uh... And she... gave a speech. When she won, she said, "I am deeply conscious of the responsibility resting upon me." Uh, because she was the only woman with voting power.

**Griffin:** Yeah!

**Rachel:** In the country! Can you imagine?

**Griffin:** That is wild.

**Rachel:** Um... So here's something that is... interesting about Jeannette

Rankin. Uh, she was a pacifist. Uh, did not believe in war. Made that very clear in her platform. Was still elected. Turns out, she's elected in 1916. 1917... Congress wants to go to war.

**Griffin:** There was a war, there.

**Rachel:** On Germany.

**Griffin:** Yeah.

**Rachel:** So here's—

**Griffin:** War *on* Germany. [laughs]

**Rachel:** [laughs] Goes to war *on* Germany!

**Griffin:** "Germany, I'm gonna do a war on you! That'll show ya!"

**Rachel:** [laughing] U.S. dropped a big ol war...

**Griffin:** Dropped a *biiig* war right on them, huh?

**Rachel:** Mm-hmm. So she, uh, voted against that war. Which, you can say... may not have been the right call. Uh, but she said, years later, she said, "I felt the first time the first woman had a chance to say no to war, she should say it."

**Griffin:** Yeah!

**Rachel:** She felt very strongly... just that war was not the way to solve a problem.

**Griffin:** In general, I think that that's true.

**Rachel:** [laughs] Yeah. Yeah yeah.

**Griffin:** There's certainly other ways to solve problems.



**Rachel:** Mm-hmm. Uh, so by 1917, women have been granted some form of voting rights in about forty states. And so Rankin, as a member of congress, created a committee on women's suffrage, and then, in January of 1918, the committee delivered its report to congress, and Rankin opened the debate. Uh, after ratification, by three fourths of the state, it became the 19<sup>th</sup> amendment.

**Griffin:** Alright!

**Rachel:** Yeah! Uh... In 1918, she ran for senate and lost. Uh, unfortunately. So then, she spent some time just kind of doing some community organizing around the country. Doing a lot of work for the Labor Movement.

She spent some time with miners, she spent some time getting people the right to an eight hour work day. Uh, and then in 1940, at the age of 60, she showed up again in congress!

**Griffin:** "Guess who's back?"

**Rachel:** [laughs]

**Griffin:** [imitating Eminem's rapping] "Back a-gain! Rankin's back!"

**Rachel:** Um... and she was the only member of congress to vote against the declaration of war on Japan. Uh, she was just completely destroyed for this. Um, when she voted against it, they—everybody was encouraging her to abstain, cause they knew that she didn't believe in war and was gonna vote against it.

**Griffin:** Right.

**Rachel:** Including her own brother. She received a cable—so she was one of six. Her brother, uh, was very wealthy and financed a lot of her campaign. Uh, her brother sent her a cable that said, "Montana is 100% against you."  
[laughs]

**Griffin:** [laughs] Good lord! Thanks, bro!

**Rachel:** And she—[laughs] Uh, after she voted, a crowd of reporters pursued her into a cloak room, uh, and she had to call the capital police to—

**Griffin:** Jesus...

**Rachel:** To escape, basically. She said, “Everyone knew that I was opposed to the war, and they elected me. And I voted as the mothers would have had me vote.” So she—I mean, she was principled.

**Griffin:** Yeah, sure!

**Rachel:** Like, say what you will about whether or not she was right, she was definitely principled. Uh, after she finished her time in congress, because... perhaps understandably, she did not run for re-election.

**Griffin:** Right!

**Rachel:** People did not respond well to her vote. Uh, she spent a lot of time traveling. She went to India, and studied the pacifist teachings of Ghandi. And then in the '60s and '70s, and granted, this is when she is like in her 80s.

**Griffin:** Yeah!

**Rachel:** Uh, she mobilized a response to the Vietnam war!

**Griffin:** Damn!

**Rachel:** In 1968, she lead a coalition of women’s peace groups, and organized the largest march by women since the suffrage parade of 1913. Uh, she lead 5,000 participants to the capital building. Uh... [laughs] Apparently, even in her 90s, in 1972, she considered a third house campaign. [laughs]

**Griffin:** [clapping] Hell yeah! Get on that Robert C. Byrd track!

**Rachel:** But at that point, she had significant illnesses.

**Griffin:** Yeah.

**Rachel:** Uh, she died in 1973 at the age of 92. She left her estate to start a scholarship fund. Uh, so this is a annual educational scholarship for low income women, 35 and older. So she started with a single – or the foundation, rather, started with a single \$500 scholarship in 1978, and the fund has since awarded more than \$1.8 million in scholarships to more than 700 women!

**Griffin:** That's fantastic.

**Rachel:** Isn't that cool? It's specifically women 35 and older, which I love, y'know? I mean, as a woman who had a lot of success in her older years, I feel like she's saying like, "Hey, it's not too late to get started."

**Griffin:** Yeah!

**Rachel:** Uh... as of 2019, she is still the only woman that has been elected to congress for Montana. I don't know—

**Griffin:** Oh my—wow!

**Rachel:** [laughs] Yeah!

**Griffin:** Oh my god!

**Rachel:** Yes! Isn't that crazy? Um, I mean which speaks to how challenging, like, and what an accomplishment it is.

**Griffin:** Yeah.

**Rachel:** Um, she told—in 1972, so a year before her death, she spoke at

the Montana Constitutional Convention, and she said, "If I am remembered for no other act, I want to be remembered as the only woman who ever voted to give women the right to vote."

**Griffin:** That's—

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

**Griffin:** Yeah, that's really neat.

**Rachel:** How cool is that? To, like— to be somebody, kind of at the forefront, and then to get to make the vote that like ensures that everybody else will get to...

**Griffin:** Yeah.

**Rachel:** Vote as well.

**Griffin:** It's fucking radical.

**Rachel:** She was a cool lady! I didn't know a lot about her. You know, you hear about a lot of the—kind of the notable women in history, and she was not somebody I knew a lot about.

**Griffin:** Yeah.

**Rachel:** So it was cool to... cool to discover her over the past few days.

**Griffin:** Yeah. A lot of notable women in this episode. Her...

**Rachel:** Mm-hmm. Carly Rae...

**Griffin:** Carly Rae Jepsen—

**Rachel:** Yeah.

**Griffin:** I guess that's it.

**Rachel:** Yeah. [laughs]

**Griffin:** You!

**Rachel:** Aw, thanks!

**Griffin:** Hey, uh, can I tell you what our friends at home are talking about?

**Rachel:** Yes.

**Griffin:** Well, of course... I'm gonna tell you as I find them... the notes... here they are!

Grace says, "I find jigsaw puzzles just wonderful! There's something so satisfying about finding the exact little place a puzzle piece is meant to be in such a vast picture. I love watching the picture build, and the rush of realizing two groups of pieces actually belong together in one big puzzle-chunk. It gives me a real sense of accomplishment."

**Rachel:** So much puzzling out there right now.

**Griffin:** I—I remember reading an article about how like, puzzles are scarce. Like, there's a puzzle shortage.

**Rachel:** [laughing] I like to think that there—there is one executive at the top of the puzzle ladder.

**Griffin:** Hmm...

**Rachel:** That just like woke up, saw the news, and was like, "Oh, that's terrible. I—wait a minute."

**Griffin:** "Wait a minute. Fire up the presses!"

**Rachel:** "Get ready—get those puzzles ready!" [laughs]

**Griffin:** "Let's go!"

Uh, Katie says "When a recipe calls for packed brown sugar. I've always loved that it holds its shape and looks like a little sugar sandcastle when you pour it from the measuring scoop into the recipe." This one hit me hard!

**Rachel:** [laughs] I have been doing a lot of that. I've been making a lot of muffins these days.

**Griffin:** Yes.

**Rachel:** They almost always call for brown sugar.

**Griffin:** Mmm...

**Rachel:** It is like—it's like kinetic sand! It's like, that texture is just so pleasing.

**Griffin:** Smells good too. Man, I love the way brown sugar smells.

**Rachel:** Mm-hmm.

**Griffin:** That's weird, but it's... true. Hey, you know what else is weird but true?

**Rachel:** [laughs]

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

**Rachel:** Thank you, Maximum Fun, for hosting our show, for hosting all of the great shows. I absolutely love this network and the community of people. I would encourage anybody and everybody to go to [MaximumFun.org](http://MaximumFun.org) and discover a new show!

**Griffin:** Or Rachel will find you!

**Rachel:** I will find you—

**Griffin:** In your house!

**Rachel:** And I will give you the biggest hug and I will say, “Come on, let love in.”

**Griffin:** Yeah! Maybe that’s our positive affirmation this week.

**Rachel:** [laughing] “Let love in!”

**Griffin:** Is just lea—just wait for Rachel to come to your house... Leave the—leave a window open for Rachel.

**Rachel:** [laughing] Leave a glass of wine.

**Griffin:** Leave a glass of wine on the counter. She’ll be there.

**Rachel:** Mm-hmm.

**Griffin:** She likes a merlot.

**Rachel:** Leave a chair open.

**Griffin:** Leave a chair... For—well, two chairs. One for—

**Rachel:** One for Elijah.

**Griffin:** Elijah...

**Rachel:** Mm-hmm. And one for me. [laughs]

**Griffin:** And one for Rachel! She’ll be there!

**Rachel:** And I'll hug that chair.

**Griffin:** She'll hug that chair! She'll hug Elijah, as well.

**Rachel:** Yeah. No, this is remarkable actually, because I am not much of a hugger.

**Griffin:** No.

**Rachel:** As you all know, but in this time?

**Griffin:** In this time? It's the worst possible time for you to be a hugger!

**Rachel:** [laughing]

**Griffin:** What are you doing? Don't go to people's houses and hug them!

**Rachel:** [sad] Okay...

[theme music plays]

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