

## Wonderful! 174: You Only Need One Ron

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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:** [singing] It's the final countdown! [hums] Do you remember when, like, America got really into that song again back in like, 2011? 2011-2012. And I've been a huge fan of Europe's *The Final Countdown* for quite some time. And then all these Johnny-come-latelies were like, you know, it's in a Pringles commercial.

**Rachel:** [laughs]

**Griffin:** I feel like there was a Super Bowl where *The Final Countdown* was like a joke song in like, half the ads, but it's real to me, damn it.

**Rachel:** [laughs] I don't remember this.

**Griffin:** But anyway, it is the final countdown for us in... anticipation.

**Rachel:** Oh, yeah, this is gonna be the last episode we record!

**Griffin:** This *will* be the last episode we record before we become a family of four and the quadrilogy is complete and then we won't do— we won't have any more kids again. This is it!

**Rachel:** [laughing]

**Griffin:** And so, uh, yeah, all these bonus episodes we've recorded, put in the old production pipeline, they're gonna come a-flowing...

**Rachel:** Yeah!

**Griffin:** ... starting next week. Isn't that wild?

**Rachel:** Yeah. It is wild.

**Griffin:** Isn't that wild?

**Rachel:** It is wild.

**Griffin:** We should have had a conversation at some point about our life is gonna be like with two children.

**Rachel:** I don't think there's any way to know.

**Griffin:** There's no way.

**Rachel:** [sarcastically] Nobody's ever done it before.

**Griffin:** No one's done it before! Everybody's like, one and then, done. We're the first ones to be like, "What if there was twice as many?"

**Rachel:** Uh-huh. As an only child...

**Griffin:** Yeah. As am I!

**Rachel:** Yeah? [laughs]

**Griffin:** Because there's only one.

**Rachel:** [through laughter] Famous only child, Griffin McElroy.

**Griffin:** Right. On the show that I do called *Me*.

**Rachel:** Nobody knows this, but Griffin's voice actor talents are so immense.

**Griffin:** Right!

**Rachel:** And also, his costume work. He has been playing the part of all three brothers.

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

**Rachel:** From the very beginning.

**Griffin:** So, we're shambling into the finish line with this here episode of *Wonderful!* Do you have any small wonders here? For this one? [pause] I mean I got one, it's a pretty big wonder, so...

**Rachel:** Yeah, how about you start?

**Griffin:** 'Cause all our friends were getting vaccinated and Texas is, uh, throwing the gates wide open to all adults on your birthday.

**Rachel:** I know, March 29th.

**Griffin:** Very exciting!

**Rachel:** Everybody gets a shot.

**Griffin:** Rachel made that point that, uh, I have tremendous skill at securing video game hardware when it is released. Got myself a launch PlayStation 5 and, you know, there's still people out there fighting the good fight for one of those.

**Rachel:** You've got to have multiple tabs open.

**Griffin:** You've got to have a lot of tabs, a lot of refreshing going on. You got to have the fat pipe internet connection.

**Rachel:** Put some stuff in the shopping cart in various locations.

**Griffin:** Diversify! Yeah, I don't— I have no idea how I'm going to go about getting a vaccine, I obviously would like to 'cause Rachel's already hitting that juice, but—

**Rachel:** Yeah, so this is fun. So pregnant women have been eligible and I realized that I got my first shot while I was pregnant and my second, I will technically not be pregnant anymore, but it doesn't matter!

**Griffin:** But you'll be an adult!

**Rachel:** 'Cause I'll be eligible.

**Griffin:** That's right. So I'm excited for that, I feel like a lot of our friends— We have a lot of friends who are teachers and in, sort of, social services and stuff who have been getting vaccinated for a bit, now, and uh, yeah. Everybody in our little Texas friend circle is very energized by the news.

**Rachel:** Yeah!

**Griffin:** I'm sure it's gonna be a full-blown *Hunger Games* fucking panic attack, uh, especially here in Travis County where I feel like everybody's gonna wanna get vaccinated, but yeah, I don't know. It's progress and I'm excited about that.

**Rachel:** Mm-hmm. Uh—

**Griffin:** I'm gonna say, an additional small wonder for me is that you make a face sometimes, when you're trying to think of things that's very Spanky from *The Little Rascals*.

**Rachel:** [cackles]

**Griffin:** Where you just sort of tuck in your upper lip into your lower lip and you're like, "Hmm."

**Rachel:** [still laughing] Um, have I talked about Easter candy? I don't know, probably.

**Griffin:** [simultaneously] Probably. Yeah.

**Rachel:** Probably. I mean, I can get more specific, I guess and talk about the Easter candy that specifically looks like eggs.

**Griffin:** Yeah.

**Rachel:** I just think that's fun.

**Griffin:** Lift it up.

**Rachel:** I think you bite in and you wonder, like, "What's in there?"

**Griffin:** Celebrate it.

**Rachel:** You know?

**Griffin:** Yeah.

**Rachel:** [laughs]

**Griffin:** Yeah, I mean, it's about to become socially acceptable to eat Starburst jelly beans again and that's a really great— and Jolly Rancher jelly beans!

**Rachel:** Yeah.

**Griffin:** Jelly bean everything. Jelly bean all the candy. I will fuck it up, no matter what, I guarantee it. Hey, what's your first thing?

**Rachel:** My first thing is alter egos.

**Griffin:** Ooh, interesting!

**Rachel:** Yeah.

**Griffin:** Are we talking like, Sasha Fierce?

**Rachel:** A little bit.

**Griffin:** Are we talking about Chris Gaines?

**Rachel:** A little bit, yeah.

**Griffin:** Alright, alright!

**Rachel:** A little bit! So, the alter ego, kind of the most famous, like, origin here, we're talking about Jekyll and Hyde.

**Griffin:** Okay, okay. A bit more grim than Sasha Fierce and Chris Gaines.

**Rachel:** I mean, not surprising literary origins make a lot of sense for this, there's also a lot of philosophers that talk about the alter ego.

**Griffin:** Oh, sure. I mean, the ego is sort of...

**Rachel:** Exactly.

**Griffin:** ... central to Freud's whole thesis.

**Rachel:** Exactly.

**Griffin:** I don't know anything about Freud's whole thesis, but I do know that he has said that word a lot.

**Rachel:** [laughs] Uh, he talked about this dual consciousness to support his thesis of the unconscious, so he said that, you know, you have these mental activities in two groups. There's the consciousness and the unconsciousness...

**Griffin:** Mm-hmm.

**Rachel:** ...which gives you this kind of alter ego. Um, you know, there's the person you are when you're really in charge of your faculties and the person that loses control.

**Griffin:** Oh, interesting.

**Rachel:** Mm-hmm.

**Griffin:** Everything I know about sort of, psychology, I feel like I've learned from the *Persona* video game series, which focuses a lot about sort of, like— Is it Carl? Is it Hung? or Jung?

**Rachel:** Jung [pronounced "young"].

**Griffin:** Jung.

**Rachel:** Mm-hmm.

**Griffin:** Carl Jung like, shadow theory stuff.

**Rachel:** Did you ever take a philosophy class?

**Griffin:** No! No. Uh, philosophy or psychology? Is it—

**Rachel:** Philosophy.

**Griffin:** Is it? It's kind of the same thing, though, yeah?

**Rachel:** Well, I mean, there's overlap. Philosophers said things about psychology.

**Griffin:** Oh, well, okay.

**Rachel:** But a lot of times, you learn about it in one or the other, I guess.

**Griffin:** Well, clearly no, I haven't learned anything.

**Rachel:** [laughs] But you— Did you take a psychology class?

**Griffin:** No.

**Rachel:** Oh, Griff!

**Griffin:** Yeah.

**Rachel:** But you're so perceptive!

**Griffin:** I know. But it—

**Rachel:** You know so much about me and the world.

**Griffin:** Then why do I need a class, then, you know?



**Rachel:** [laughs]

**Griffin:** I'm on my own voyage!

**Rachel:** You tried to take the class, and they were like, "I'm sorry, sir. There's nothing we can teach you."

**Griffin:** "There's nothing left to teach you at all!" Yeah, that's right. I said, "Can you teach me how to pronounce Carl Jung's name?" And they said, "No. We cannot. That will cost you \$5,000."

**Rachel:** I just don't know how you romanced your prospects without your discussions of philosophy and psychology because that's what worked for me in college.

**Griffin:** Um, my strong body, mostly.

**Rachel:** [giggles]

**Griffin:** Yeah. They would see my strong body, like, "Damn!" Yeah. You're laughing a lot, huh? At that. You're laughing a lot at that. Weird. Was there— Did I do a joke in there?

**Rachel:** I guess?

**Griffin:** That was funny? That was weird.

**Rachel:** You never— Well, when we met, you didn't lead with, "I'm a real big jock with jock interests and a jock body."

**Griffin:** Right, yeah. Anyway.

**Rachel:** So, alter ego. I really got excited to research this, just because I feel like it is used in celebrity culture to kind of pivot?

**Griffin:** Right.

**Rachel:** You know? And it makes sense if you think about it, like people are required to brand themselves as soon as they start, you know, producing content now.

**Griffin:** Right.

**Rachel:** And that doesn't give them a lot of wiggle room and it seems like the workaround that a lot of people have found is to just rename themselves and say, "Well, this version of me does this."

**Griffin:** It's a fair point, I never thought of it before, where like, was X-tina? Was that technically an alter ego?

**Rachel:** Yeah. I mean, it was on the list.

**Griffin:** Okay.

**Rachel:** The idea was that she wanted to move away from this kind of wholesome 2002 image and she released an album called *Stripped*.

**Griffin:** Right.

**Rachel:** And referred to herself as X-tina.

**Griffin:** But that wasn't like, Chris Gaines where he was like, "I'm a different person."

**Rachel:** Yeah. [laughs]

**Griffin:** "I am not Garth Brooks. I am a different guy totally."

**Rachel:** Garth Brooks in 1999 developed Chris Gaines as a way to explore rock-n-roll.

**Griffin:** Yeah. [as Garth Brooks] "Let me see what's going in rock-n-roll."  
"Oh, you're gonna make a rock album?"  
"No? I'm Garth Brooks, country man. I would never."

**Rachel:** Yeah, I will say I think— I mean, and I don't have a lot of experience with this, obviously, but I think most artists still tour as themselves, they just kind of hype this alter ego.

**Griffin:** Yeah.

**Rachel:** Whereas Garth Brooks really tried to like, run a fast one.

**Griffin:** Has anybody done this as big as— I mean, Sasha Fierce was like its own thing, but even that wasn't— Even she didn't quite go as full-blown Decepticon as Chris Gaines.

**Rachel:** Uh, I mean, what about Ziggy Stardust?

**Griffin:** Ziggy Stardust— But that was even more of a multimedia thing, right? Like he did a song about Ziggy Stardust. It wasn't like— Garth Brooks never did a song called *Chris Gaines and the Spiders from Jupiter*.

**Rachel:** That's fair.

**Griffin:** Like, it was— Yeah.

**Rachel:** Uh, *Spiders from Mars*, actually.

**Griffin:** No, I know, but for Chris Gaines.

**Rachel:** For Chris Gaines, oh, okay.

**Griffin:** Yeah, I clearly know the planet where the spiders are from in [singing] *Ziggy and the Spiders from... Uranus.*

**Rachel:** [laughs] Maybe that was the orig.

**Griffin:** Maybe.

**Rachel:** Um, yeah. I mean, most of the time, it's kind of an elaborate put-on, you know? Of course, you maybe became familiar with it with the, uh, Sonic the Hedgehog and Shadow the Hedgehog.

**Griffin:** But that's a different person, that *is* a different thing. It's like an— It's not an alter ego, right? Shadow the Hedgehog isn't like, Sonic in a different, like, fur color.

**Rachel:** I don't know, this is after my time.

**Griffin:** Okay, it's not.

**Rachel:** I got in on early Sonic, and then I...

**Griffin:** You bailed.

**Rachel:** And then I stepped away.

**Griffin:** Did you even get to Knuckles?

**Rachel:** I did get to Knuckles, yeah.

**Griffin:** Okay.

**Rachel:** [giggling] "Did you even get to Knuckles?"

**Griffin:** I mean... It's a fair question.

**Rachel:** Yeah. No, the way you asked that was so accusatory.

**Griffin:** It was very, uh, *Ghost Rider*, console cowboys in cyberspace.

**Rachel:** [laughing] Exactly. Uh, Hannah Montana and Miley.

**Griffin:** Yeah, for sure.

**Rachel:** Um... We got the more comic book origins of like, Superman and Clark Kent.

**Griffin:** Oh, yeah, clearly.

**Rachel:** Hulk, Bruce Banner. In pop music, Mariah Carey and Mimi.

**Griffin:** Oh! Yeah! Gosh.

**Rachel:** *The Emancipation of Mimi*.

**Griffin:** Yeah.

**Rachel:** Uh, and then to kind of an interesting— I didn't really ever think of this, but Marshall Mathers/Eminem/Slim Shady.

**Griffin:** Yeah. Again, the metric against which I measure all of this is Chris Gaines. I'm sorry to keep going back to that.

**Rachel:** [giggles]

**Griffin:** But there's a reason that left such an impression is because he tried to cultivate an air of, "Am I Chris Gaines? Or aren't I?" And it's like, "Yeah, dude. Chris Gaines looks exactly like you with dark hair."

**Rachel:** [through giggles] Yeah, yeah. Most people I don't think really— I mean, I guess you could say, like, you know, various accessories were donned in the name of the alter ego...

**Griffin:** Right, sure.

**Rachel:** ... but the hair color—

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

**Rachel:** [laughs]

**Griffin:** And I think maybe this just registered so heavily with me because dad worked at a country radio station for like, my entire childhood growing up.

**Rachel:** Yeah, I was gonna say, this is not a phenomenon I knew about while it was happening.

**Griffin:** So, having Garth Brooks, who kept the country music industry afloat for a long, long time, saying like, "I've evolved beyond that and become someone new." It was a great betrayal.

**Rachel:** [laughs] Um, yeah. I will say, so, with the Marshall Mathers/Eminem/Slim Shady, apparently Eminem did release a quote that said, "Slim Shady is just the evil thoughts that come into my head, things I shouldn't be thinking about. Not to be gimmicky, people should be able to determine when I'm serious and when I'm not. That's why a lot of my songs are funny, I've got a warped sense of humor, I guess."

**Griffin:** Interesting.

**Rachel:** So, yeah. I think I like the pivot of it, I like the idea of like, I wanna release a different kind of content and so I'm gonna change my whole look and also this idea that they have really, in the same way that they know who they are, they have also established a persona around this alter ego.

**Griffin:** Right.

**Rachel:** So it's like, "Oh, well, that's more Beyoncé's thing. I'm Sasha Fierce right now."

**Griffin:** Right!

**Rachel:** I kind of enjoy that.

**Griffin:** Yeah, go for it.

**Rachel:** It is, it's like you're living in a world of super heroes.

**Griffin:** It's fun!

**Rachel:** Yeah.

**Griffin:** Why not?

**Rachel:** Mm-hmm.

**Griffin:** Uh, my first thing this week is Post-it Notes. Uh, which is welcome to the studio, about 700 Post-it Notes that I have scattered all across my wall. I love these little sticky guys.

**Rachel:** Yeah!

**Griffin:** I love these little sticky guys.

**Rachel:** I feel like we always need to have them in the house, I feel like when we don't, you're very aware that we don't.

**Griffin:** Oh, yeah! It's rare that I have need for them, but I find them invaluable. I find them necessary when I'm categorizing my thoughts. Uh, like, I've been sort of workshopping ideas for a new, like, *TAZ* thing and in the past, like, I've done that in just a big Google document or, like, in a big Scrivener project, or some, like, digital thing.

But I have found it, like, so much more useful and essential to be able to, like, manifest those in a physical space and sort of try to coordinate them there, rather than have them be either in a digital space, like a big 80-page Word document or in my brain, where quickly I can get overwhelmed with trying to connect the dots.

**Rachel:** No, I agree with you, there's something very nice about having that kind of physical representation that is always there...

**Griffin:** Yeah.

**Rachel:** ... so that even when you're not in the space, it is still kind of— There's the opportunity to think about it, you know?

**Griffin:** Yeah. So I got stuck, like, trying to figure stuff out for this *TAZ* stuff, uh, until I bought a bunch of different color and sizes Post-it Notes and just created a little bonkers map up on my wall that one day will maybe see the light of day, but it was sort of essential for uh, cracking the code, so-to-speak.

**Rachel:** Now are these color-coded?



**Griffin:** They are color-coded, yes.

**Rachel:** That's nice.

**Griffin:** Green is con— I had to take the, uh, I had a sort of key that I took down to make space. But, yeah, green is concepts and then orange with lines is past, sort of, locations. And then yellow with the lines is current present locations, and then we have blues, of course characters, and pink is resources, and then small green is factions and— Yeah.

**Rachel:** [slowly] Wow.

**Griffin:** So, anyway, uh, 3M of course owns the trademark for Post-it and also owns the trademark for the traditional yellow Post-it design, but the patent for sticky notes expired in 1997, so now there can be competitors, they just can't call them Post-its. Or I guess have yellow square Post-its? Since that's, like, trademarked, which is weird. I didn't know you could trademark the color of a product.

Uh, so in 1968 there's a scientist working for 3M named Dr. Spencer Silver who is trying to make just like a turbo-strength adhesive material and he did the worst job imaginable because he made a very weak, pressure sensitive adhesive.

And for years he went around like, "Hey, this is pretty good adhesive, actually. There's probably a use for this," and was sort of shut out by 3M until one of his colleagues named Arthur Fry used it to adhere a bookmark in a hymnal, and he was like, "This is dope."

**Rachel:** Yeah.

**Griffin:** And finally, 3M started to listen and he developed the idea. He used yellow as the color because apparently the lab that was sort of, uh, attached to the Post-it 3M, uh, facility only had yellow scrap paper and so that's what he had to work with at the time.

There is another guy named, uh, Alan Amron, who's an inventor with a ton of different patents to his name, who claims that he invented the Post-it note and he sought \$400 million in damages, uh, but that case was settled out of court.

So, in 1977, 3M launched this product called Press 'n' Peel bookmarks and nobody wanted them or used them until a couple years later, 1979, they relaunched them as Post-it notes and they sold like hotcakes.

**Rachel:** Yeah, I mean, the big benefit, and I remember this from being in college and graduate school, is that it doesn't really do any damage to the surface.

**Griffin:** No! Yeah, that's what's so great about the adhesive is it can— You can put it somewhere and then take it off without damaging the surface and then you can put the note back on somewhere else. You can usually get, I would say, a couple more adherences out of it before it falls apart, which is, you know, not something that is typical for sticky stuff.

Uh, fun fact: in 2018, 3M released the Post-it Extreme Note, which is just very sticky.

**Rachel:** Whoa.

**Griffin:** And maybe— But they're useful in like, industrial settings, like construction sites?

**Rachel:** Yeah.

**Griffin:** If you need to like, say, "Hey, don't knock down this... wall. Hey!"

**Rachel:** [laughs]

**Griffin:** "This is a good wall, don't knock it down."

**Rachel:** Mm-hmm.

**Griffin:** Stick that right to the wall.

**Rachel:** Mm-hmm.

**Griffin:** There it goes.

**Rachel:** Yeah.

**Griffin:** I just like— I enjoy organizing thoughts and I find that Post-its, uh, is the most effective way for me to do so. If I really hit a wall with something, because I've done this with projects before, I will get some Post-it notes together and just start, just slapping them onto shit because I really, very— I find it very satisfying.

**Rachel:** [laughs] Uh-huh.

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

**Rachel:** Yeah!

[theme music plays]

[ad break]

**Griffin:** Here's a Jumbotrub! And this one's for Claire and it's from Elle, who says, "Dearest Claire, congratulations on everything you've achieved this

past year. When I wrote, 'I hope your birthday is a wonderful day' in March 2020, I did definitely curse something and yet you've bought a house and you're running a LARP. You've done so well, despite the times that we live in. So, so proud of you and happy birthday. All my love, Elle."

That is— God, I wish I was running a LARP. God, I wish— Or even just participating in a LARP.

**Rachel:** Yeah.

**Griffin:** Like, regardless of how you feel about LARPing, you agree with me that I would, at the very least, have a lot of fun in a LARP.

**Rachel:** Yeah!

**Griffin:** A great deal— When Henry and I have light saber battles, is that a LARP?

**Rachel:** Uh... I don't think I'm qualified to answer that question.

**Griffin:** I don't think you are either.

**Rachel:** But I did get to see some of this at Ritter Park when I went to Huntington.

**Griffin:** That's true.

**Rachel:** And that was exciting.

**Griffin:** Very active LARPing community.

**Rachel:** Yeah!

**Griffin:** How about this next one?

**Rachel:** Yeah, this next message is for Julie. It is from Casey. "Dear Julie, I write to you today so that I may tell you I am madly in love with you and have been for some time. Maybe it's the way you roll your eyes when I say a

pun, or the face you make when one of the dogs farts in your face, or when you DM and totally wreck my character. I'm glad you're my wife. Eternally yours, Casey. P.S. You have killer dumpster." [laughs]

**Griffin:** [laughing] I think there's an 'a' missing there. You have a killer dumpster? You have killer dumpster sounds like, I don't know, like a notification you'd get on *Oregon Trail*. "Oh, no. You broke an axle."

**Rachel:** "Oh, no! Julie!"

**Griffin:** "Julie, you have killer dumpster."

**Rachel:** "Julie has killer dumpster."

**Griffin:** Get out of there!

[Max Fun ad plays]

**Griffin:** Hey, can you tell me all about the second thing that you have prepared for us today in your presentation? Will you begin it now, please?

**Rachel:** Uh, my second thing is glow-in-the-dark stuff.

**Griffin:** Alright.

**Rachel:** Mm-hmm.

**Griffin:** I love it.

**Rachel:** Mm-hmm.

**Griffin:** 'Cause I don't know. I just assume they take lightning bug stuff and they— And it's inhumane, but they like, goosh them.

**Rachel:** So when you go to a concert and you see all those glow sticks, you're just like, "Oh!"

**Griffin:** "Oh! The poor lightning bugs."

**Rachel:** Did you ever have any of these glow-in-the-dark stars up on your ceiling?

**Griffin:** Oh, for sure. We had, oh man, we had that and we also, I will never forget, we had Gak that was glow-in-the-dark.

**Rachel:** Uh-huh.

**Griffin:** And, uh, we would, because we were three shithead boys, just throw Gak at, like, all over the place and stick it to the walls, but we'd also stick it to the ceiling a lot and let it just slowly fall down and see how long we could make it— And then at night, you would sleep, and there would just be these little...

**Rachel:** [laughs]

**Griffin:** ... just gooshes, all over the ceiling. And it was kind of cool. Like, it kind of had a neat marbling effect whenever you turned the lights off to go to sleep. But I mean, the first night we got that Gak and we stuck it to the ceiling a billion times and then turned the lights off, it was like we hadn't turned the lights off. So complete was our, uh, Gak paint job.

**Rachel:** Uh, I think what is fascinating to me about it is that I, of course, loved it. I had the stars stuck to my ceiling and then it's something that Henry loves too. It's like, kids are always going to love glow-in-the-dark stuff.

**Griffin:** Yeah! It's quite strange.

**Rachel:** It's very strange and very cool. Uh, it feels like you shouldn't have access to this powerful chemical. [laughs]

**Griffin:** Right, yeah.

**Rachel:** So, the thing about a lot of these products is they have to be charged. You know, you have to hold it up to a light and they are primarily made out of phosphors.

**Griffin:** Okay.

**Rachel:** Which is a substance that radiates visible light after being energized. Uh, so you'll see phosphors in like, TV screens, your computer monitors, they're in fluorescent lights. Uh, in the— So, for like, in a TV screen, like an electron beam will strike the phosphor to energize it.

**Griffin:** Right.

**Rachel:** Um, but to make a glow-in-the-dark toy, you get a phosphor that's energized by normal light and has, like, long persistence.

**Griffin:** Okay.

**Rachel:** So, the chemicals we're talking about here are zinc sulfide and strontium aluminate.

**Griffin:** Love strontium.

**Rachel:** Strontium aluminate is the newer one that has, like, a more powerful glow and lasts much longer.

**Griffin:** I will say it, that is one thing I have noticed. Henry has a plushie R2D2 that has like, certain things on him that when I, like, hold my phone light up to it, it will stay very bright for a really long time and that was not true of my Gak.

**Rachel:** No. [laughs] No, I even noticed that with like, the little glow-in-the-dark wristbands, is I will like, wake up in the morning and there's still some glow.

**Griffin:** They're still going.

**Rachel:** Yeah! They do make things that, like, glow without that, like little watch hands. Like, expensive watch hands.

**Griffin:** Oh, yeah.

**Rachel:** Uh, and that is a phosphor that is mixed with a radioactive element.

**Griffin:** Yeah! I think I knew that. That was like the thing that, like, when they started offering that in like, Timex watches and shit like that, I remember seeing that in commercials like, "It's got nuclear in it."

**Rachel:** [laughs]

**Griffin:** Like, no fucking way.

**Rachel:** Today, glowing watches use a radioactive isotope of hydrogen called tritium, which has a half-life of 12 years.

**Griffin:** Okay.

**Rachel:** Yeah. So, I mean, that's a pretty good watch.

**Griffin:** Not great, not terrible.

**Rachel:** [laughs] Uh, so green. Most glow-in-the-dark stuff is green.

**Griffin:** Why?

**Rachel:** And there's a few reasons. Uh, partially because the human eye is particularly sensitive to green light, so green just naturally appears the brightest.

**Griffin:** Mm-hmm.

**Rachel:** The other reason is that it is, uh, the most affordable and non-toxic phosphor.

**Griffin:** Okay! Keep them green, then. Awesome. If I see a purple glow-in-the-dark thing, I'll stay the hell away from it.

**Rachel:** Uh, so this came about, this glow-in-the-dark thing, that, you know, is accessible to us now as just regular people, came about from



chemiluminescence signal devices in the 70s that were used for naval signaling.

**Griffin:** I knew it, I knew it was gonna be either military or space as the origins of this technology, like all technology.

**Rachel:** Yeah, they were looking for like, lighting devices under water. And then, um, scientists took that device and put it inside a plastic tube to make the glow stick and then brought it to Grateful Dead concerts.

**Griffin:** Thank you scientists.

**Rachel:** Yeah. Yeah, so it was a steel ball inside a plastic tube that, when shook, would break the glass ampule and start the chemical reaction and many toy glow sticks were started.

**Griffin:** Yeah. But now we do that shit ourselves, right? Where we crack the glow sticks like over our knee. That's us shattering the glass chamber which always seemed bad to me.

**Rachel:** Yeah. I don't know, it's something I still get excited about. It's so funny how, like, my brain does that.

**Griffin:** Yeah.

**Rachel:** But I just like, "Oh, there's a soccer ball. It glows in the dark?"

**Griffin:** "Is that glowing?"

**Rachel:** Am I gonna play soccer tonight? Probably not, but it glows in the dark? That's pretty cool."

**Griffin:** Yeah.

**Rachel:** I got Griff— Henry some slime.

**Griffin:** You got *me* some slime?

**Rachel:** [laughs] Which ultimately will become Griffin's slime...

**Griffin:** Yeah!

**Rachel:** ... when he has to peel it off of whatever it gets stuck to.

**Griffin:** Yeah.

**Rachel:** But it glows in the dark and was very exciting for Henry and I felt like a real A+ parent.

**Griffin:** Uh, I was walking to the bathroom, uh, our little half bathroom that we've had sort of retiled because it got destroyed, like a third of our house, and I was walking to it on the new carpet that also got put down.

And I stepped in something sticky and I got so bummed out, 'cause I was like, "Damn it. We've been so good and now there's slime in the new carpet." And I was getting ready to like, tell Henry, like, "Hey, you've got to be more careful."

But then I looked down and I realized it was a little glob of plumber's putty...

**Rachel:** Yeah.

**Griffin:** ... that the plumber had accidentally dropped on the floor. I was gone and I, uh, investigated a little bit.

**Rachel:** And you called that plumber.

**Griffin:** I called him. I gave him an earful.

**Rachel:** Let him have it.

**Griffin:** That's right. Hey, my second thing, it's uh, very, just— It's very specific to my life experience. My second thing is Tudor's Biscuit World. Uh, and I think maybe I'm speaking more broadly about the hyperlocal restaurant chain or food experience that everybody has, I think.

Or at least everybody who didn't grow up in, like, a major metropolitan city. Uh, Tudor's Biscuit World. It's just like coming home, which was the tagline.

**Rachel:** [laughs]

**Griffin:** [singing] "Tudor's Biscuit World! It's just like coming home!" They should have said like, [similar tune] "It's just like you have to stay home because your stomach has stopped functioning after eating Tudor's Biscuit World!"

**Rachel:** Griffin did a lot of this when I first visited Huntington. He was excited to show me, you know, the college campus and, you know, have me meet his friends. And then he's like, "You have to have these biscuits. It will ruin your whole day."

**Griffin:** It'll ruin your fucking day. It'll ruin—

**Rachel:** [laughs]

**Griffin:** The right one? Or should I say the wrong one, will ruin your week.

**Rachel:** Which explains a lot, actually, about Griffin's approach to food because there are sometimes when Griffin will choose to have a food—

**Griffin:** Knowing full well. Yeah.

**Rachel:** Yeah. That it has negative repercussions, but it's just like, uh, "This is directly related to the experience of the food."

**Griffin:** I mean, yeah.

**Rachel:** "And I would not change it."

**Griffin:** Oh, I would change it. It's not like I have fun when I eat too— There is no foodstuff that is more pleasant and enjoyable and soul-nourishing for me to have in my mouth than Tudor's Biscuit World. And no food that is, like, more soul-crushing to have in my stomach than Tudor's Biscuit World.

**Rachel:** [laughs]

**Griffin:** These are biscuits that are very decadent. The chain is based out of Huntington. Uh, and it is mostly found in West Virginia. There's a few locations in southern Ohio and eastern Kentucky, and in 2016 they opened a franchise in Panama City, Florida, which is wild.

**Rachel:** Oh! That is wild.

**Griffin:** Yeah, I wonder if my nonny, specifically was like... Uh, so it opened first in 1980 in Charleston, West Virginia, uh, and it was created by Bill and May Tudor and their son, John Tudor, and the premise was... biscuits. And now they do, like, they do some sandwiches and like, big breakfast platters, and some dinner entrees, but like, the star of the show is the biscuits, of which there are so many.

Um, and they really will just make— We've talked a lot of shit. Most of the time, they're just gonna make you pretty sleepy, like a big breakfast will do. But there are some more sort of, buck wild offerings that will kill you dead. Uh, like the shaved ham melt, which is a big buttery biscuit, a thick pile of shaved ham, and just, gooey, melty cheese goobled all over the top of that.

There's also the Politician, which has a big, sort of, circle of egg and then a droopy slice of cheese, and then a slice of fried bologna about the width of your thumb that just goes right on there, also. And like, I'm just— I'm not slamming it. It's— I feel a stirring in my bones for these things, even as I'm describing them.

The names of the biscuits are also, like, a highlight. There's the Miner, M-I-N-E-R, that has bacon, potato, and melty cheese. The Peppy, which is probably the most fun one to say. That's pepperoni and melted cheese. And then there's the Thundering Herd that has sausage, potato, egg, and cheese on it.

My go-to was just one with sausage, egg, and cheese. Pretty standard breakfast biscuit fare. And that was just called Ron.

**Rachel:** [laughs]

**Griffin:** I will have a— Let me get a Ron. I would always roll up and get one.

**Rachel:** That's nice!

**Griffin:** One time, I got two Rons. That was a mistake.

**Rachel:** [laughs]

**Griffin:** You really only need one Ron.

**Rachel:** Do they still have that one in the Charleston airport?

**Griffin:** They do.

**Rachel:** I wonder about the decision to eat one and then get on a plane.

**Griffin:** Um, I mean. You're talking to someone who's done that quite a few times. But yeah, if you've got a long flight ahead of you or a series of long flights, and you wanna get some sleep? [sings] Tudor's Biscuit World.

**Rachel:** [laughs]

**Griffin:** Um, yeah. There's just a— I feel a defensiveness, like a— It encapsulates the, "We can make fun of this, but not you" thing? Like, that is how I feel about Tudor's Biscuit World. I love it so deeply and also recognize that it is feel-bad food.

**Rachel:** The thing that struck me, I guess, was that Griffin introduced this to me and after he did that, pretty much every conversation I had with anybody else from Huntington was like, "Oh, no. No, you shouldn't have done that."

And I was like, "Well, Griffin made it sound like this was a thing that you had to do!" And they were like, "No."

**Griffin:** I would destroy one right now, in front of you.

**Rachel:** [laughs]

**Griffin:** I would destroy one. I would destroy a Peppy right now, in front of you. And Peppy is like, number one on the Kill Griffin List. Uh, but, there's just something about— The biscuits are very good. Like, the biscuit material itself is exceptional. I will stand by that.

**Rachel:** I remember enjoying it. I remember having a good experience with it. I don't think it hurt me too bad.

**Griffin:** No.

**Rachel:** But, yeah, it definitely takes all the energy out of you.

**Griffin:** Yeah. But more broadly speaking, I celebrate, and Huntington I feel like has a lot of these, because Huntington's a big food town, but everybody has like— Do you have—

I know you grew up in St. Louis and St. Louis has some, like, world famous foods, like St. Louis barbeque is a thing. I guess for you, it's like the fried ravioli and weird cracker pizza that you guys seem to love so much.

**Rachel:** [laughs] Yeah, toasted ravioli. I saw, actually, there's a restaurant in Austin that advertised having it.

**Griffin:** I also saw that.

**Rachel:** And I—

**Griffin:** I don't hate toasted ravioli. The cracker pizza is the worst pizza I've ever had.

**Rachel:** You can't think of it as pizza, that's the secret. This is what my friend told me once about White Castle and it really changed the way I look at food.

**Griffin:** Oh!

**Rachel:** Is that if you don't think about it as pizza, but a very particular kind of dish that has cheese and tomato sauce...

**Griffin:** Yeah.

**Rachel:** ... then it's pretty good. [laughs]

**Griffin:** Nope! It is not. Anyway, uh, no submissions in this episode, we've got to cut it a little bit short. But thank you to Bo En and Augustus for the use of our theme song, *Money Won't Pay*, you can find a link to that in the episode description.

And thank you to Maximum Fun for having us on their network. It's such a good little network and, uh— I say little. There are so many shows on the network. And, uh, we're so excited to be a part of it.

**Rachel:** Yeah! I would encourage you to check out *Tiny Victories* if you haven't yet. Uh, I think that would be a real good fit for a lot of our audience.

**Griffin:** Yeah! We included some links in *MBMBaM* this week, we'll do it here too, to support some charities going to support AAPI communities in the wake of the shooting in Atlanta and the sort of, growing wave of anti-Asian violence that is happening in the country right now.

Um, and we would encourage you, if you're able to, support those groups and do whatever you can to support the Asian American and Pacific Islander communities in your neck of the woods and, you know, everywhere, because they— You know, it's been a rough time.

Well, it's been a rough time for a very long time, but particularly over the last year. So, yeah. Think about helping if you can and, uh, yeah. That's it! Let's, uh, go... have a baby!

**Rachel:** [laughs] Griffin keeps encouraging me to push down. Uh, just throughout the day, just see if I can make it happen.

**Griffin:** It's more of a pushing in— It's like a—

**Rachel:** Oh, in is the way to go?

**Griffin:** You don't need me to tell you how to have a contraction, but...

**Rachel:** My instinct is down, right? 'Cause we want the baby to...

**Griffin:** Get out. Yeah, you're right. You're right.

**Rachel:** In just seems like it would make him angry.

**Griffin:** Now, I heard something about spicy food, but I can't remember if that's to give to activate childbirth or if that's Turbo Teen, how he'd turn into a car.

**Rachel:** Both.

**Griffin:** I see!

[theme music plays]

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