

## Wonderful! 221: Bouncy Business

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[theme music, “Money Won’t Pay” by bo en and Augustus plays]

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

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

**Rachel:** And this is *Wonderful!*

**Griffin:** Takin’ it slower today. Do you like this... vibe?

**Rachel:** The energy— The energy is tricky for me.

**Griffin:** Whyyyy?

**Rachel:** [laughs]

**Griffin:** `Cause you’re all—

**Rachel:** But whyyyy?

**Griffin:** `Cause you’re all business, and you have to go.

**Rachel:** Excuse—

**Griffin:** You’re like “Let’s get through this so I can get back to real business”, and I’m just chilling.

**Rachel:** I don’t— I’m embarrassed to admit this, but that voice, for me, seems slightly seductive.

**Griffin:** Oh, woooooow.

**Rachel:** [laughs]

**Griffin:** I don’t think I have ever employed this voice.

**Rachel:** Like, “Heyyy...”.

**Griffin:** Heyyyy.

**Rachel:** "Rachelllll..."

**Griffin:** So you're telling me when I come at you with a sort of slow hand.

**Rachel:** [laughs]

**Griffin:** You assume that I'm trying to... [mutters flirtatiously] get me some?

**Rachel:** [laughs] I— Maybe it's, it's the slowness and the register that you're in right now.

**Griffin:** The— The vocal fryyyy.

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

**Griffin:** Is kind of suggestiiiiive. This is *Wonderful!* A show where we talk about things we like, things that are good, things that we're into, things that are wonderful. [in mock surprise] That's why it's called that!

**Rachel:** Oh, hey, we figured it out!

**Griffin:** Do you have a small wonder? I would— 'Cause I would love to hear about the small wonder you have.

**Rachel:** [makes popping noises]

**Griffin:** Like that. Like that, that fish noise that you make. That's my small wonder.

**Rachel:** [makes popping noises again] It's fun to do.

**Griffin:** It is fun to do.

**Rachel:** For sure.

**Griffin:** Yeah, it's fun to make noises sometimes.

**Rachel:**

**Griffin:** I bet Michael Winslow is just always sort of like—

**Rachel:** [laughs]

**Griffin:** So happy. I can't reference him anymore, can I?

**Rachel:** I—

**Griffin:** 'Cause it's been a million years.

**Rachel:** Yeah.

**Griffin:** Since *Police Academy* came out.

**Rachel:** I don't think that registers with anybody. I think even people our age and older don't even know who he is.

**Griffin:** Like, I have— I have not seen the *Police Academy* films.

**Rachel:** Oh, you haven't?

**Griffin:** No, so it feels uh... disingenuous for me to reference.

**Rachel:** I don't think I've seen an entire one, but they used to show them on Comedy Central all the time.

**Griffin:** All the fucking time.

**Rachel:** And so I would catch like a part of it.

**Griffin:** You would turn on Comedy Central like "Time— Let's see if we can jack into some *South Park*", but then you'd see Steve Guttenberg's fuckin' face, and you'd be like "This isn't what I wanted".

**Rachel:** [laughs softly]

**Griffin:** But then you'd see Michael Winslow like [imitates a series of cartoon sound effects] And you're like "Never mind. I'll stick around for— for this guy".

**Rachel:** [laughs softly] Uh, I came up with something.

**Griffin:** Okay, good.

**Rachel:** While you were t— While you were talking about Michael Winslow.

**Griffin:** Yeah, good.

**Rachel:** Uh, so after you mentioned the graphic novels.

**Griffin:** Yeah!

**Rachel:** Uh, we had a lot of people reaching out to us saying like “Hey, have you read this one? You should try that one!”, and it was just great to be part of this community just recommending children’s literature.

**Griffin:** Really excellent.

**Rachel:** Yeah.

**Griffin:** Yeah, I am excited to uh continue to broaden our literary horizons.

**Rachel:** Yeah, it— it’s— it’s kind of darling in a way, but a lot of times Henry, like all kids, will be like “Ugh, bedtime?”, and then I’ll be like “I got you a new book...”, and then he will literally run towards the stairs. It’s very sweet.

**Griffin:** It’s very cute.

**Rachel:** Yeah.

**Griffin:** Uh... I’ve been— I’ve been reading a lot lately.

**Rachel:** Yeah, hey, me too!

**Griffin:** It’s nice.

**Rachel:** And at— at bedtime, we— we both, we get in the bed and we pull out our...

**Griffin:** And we just start to read.

**Rachel:** Our literature, and it's really, it's nice.

**Griffin:** I've been reading a lot more like fantasy fiction um because, I don't know, I just have like an insatiable appetite for it now, and I just read the, uh, a trilogy—

Well, apparently it's more than a trilogy, I found out after finishing the third book, but from an author named Brandon Sanderson called "Mistborn". That's been so good. It's a big popular fantasy trilogy of big-ass books, and I read 'em real fast! 'Cause they're really good. And now I want more.

**Rachel:** Are they so big because of the, like the world-building?

**Griffin:** Yes.

**Rachel:** Okay, so it's just like "Hey, here it's not 'tree', it's 'tro'".

**Griffin:** Yeah, that's more or less what they do in—

**Rachel:** "And the tros have... roots up top and [whispers] branches down low."

**Griffin:** Well, yeah that's a— that's an example of it.

**Rachel:** That sounds a little Dr Seuss, now that I'm saying it. [laughs]

**Griffin:** Sounds a little— Actually, I think you did rhyme.

**Rachel:** [laughs]

**Griffin:** I go first this week.

**Rachel:** Okay.

**Griffin:** I'm gonna talk about the trampoline.

**Rachel:** Ohhhh!

**Griffin:** I had a thought last time, as we recorded, of like “I should talk about the tram-po-line”, and then um... I forgot.

**Rachel:** Yeah. [laughs]

**Griffin:** But now I’m doing it now because the tram-po-line is uh... is a miracle. It’s a miraculous invention.

**Rachel:** Here— Here is a quick— quick question up top.

**Griffin:** Yeah.

**Rachel:** Did you feel this way before we purchased one, or do you feel it now that you have one in our backyard?

**Griffin:** [sighs] I felt it before, I feel it even more now.

**Rachel:** [chuckles]

**Griffin:** `Cause I thought of the tram-po-line as a sort of... exotic— I would get excit— I would get excited.

**Rachel:** Yeah.

**Griffin:** If we ever saw a trampoline and had the opportunity to get up on it, right?

**Rachel:** Yeah.

**Griffin:** `Cause you can jump really high on these things.

**Rachel:** [laughs] That’s true.

**Griffin:** And that’s exciting.

**Rachel:** That’s true.

**Griffin:** I can't jump very high in like my normal day-to-day life, but on a trampoline, it's made possible.

**Rachel:** So for you, your primary love of it does not come from the fact that it wears out our son.

**Griffin:** That is actually, no. I— I will never love it for any reason more than the fact that it wears out our son.

**Rachel:** Okay. [laughs]

**Griffin:** Uh, we've been looking for ways to get more sort of physical activity uh... in— in— in our routine, uh specifically for Henry. 'Cause we have like virtually no yard, uh and we live on like a super hilly neighborhood where there's, you know.

**Rachel:** Yeah.

**Griffin:** It's not the easiest to just go outside and scamper. Um—

**Rachel:** And though we live in Texas, we have not yet signed Big Son up for any sports of any kind.

**Griffin:** No.

**Rachel:** Uh, and darn it, wouldn't you know, they're lettin' him take naps at school.

**Griffin:** Yeah.

**Rachel:** He's in a— in a Montessori classroom with age three to fives. Obviously the three-year-olds, napping is very much a thing. Five-year-olds, not so much, but—

**Griffin:** And then he just started napping, so he gets home...

**Rachel:** Now he is like into the nap.

**Griffin:** And he gets home and he's just— he's just supercharged.

**Rachel:** Yeah.

**Griffin:** And if we do not wear him out, he will not go to sleep.

**Rachel:** Yes.

**Griffin:** Trampoline is here to help us out with that.

**Rachel:** [laughs]

**Griffin:** It's clutch, man. It's very safe, the one that we got. Al— Not as expensive as I would have assumed. It was like 200 bucks for like a big, like I think 14 or 12-foot trampoline?

**Rachel:** Yeah, 'cause when you're a kid, like the only people that had trampolines, like—

**Griffin:** Were rich friends.

**Rachel:** Yeah, they also had like the cable with all the channels.

**Griffin:** Right, exactly.

**Rachel:** [laughs]

**Griffin:** And 200 bucks is nothing to sneeze at, but uh well worth it for the amount of...

**Rachel:** Yeah.

**Griffin:** S— Sleepy child energy that we have gotten.

**Rachel:** Well, and they are, they're much safer now than they used to be.

**Griffin:** Yeah.

**Rachel:** Like, you can't really buy one without that big net around the sides.

**Griffin:** There's a big enclosure that sorts come— i— is standard, uh...

**Rachel:** The springs aren't exposed.



**Griffin:** Springs are not exposed, which is wonderful. I would say my main sort of injuries I have received from trampolines in my life is from getting' pinched by those springs.

**Rachel:** Yeah.

**Griffin:** My buddy, Deemo, who lived on the opposite end of the block from me, had a trampoline with— but it didn't have an enclosure, because it was the '90s and the number of injuries sustained on that thing is uh is sort of wild. I smashed my nose and had like the worst sort of bloody nose situation I've ever had uh with my own knee.

**Rachel:** [chuckles] Yeah.

**Griffin:** I just like bounced on my butt.

**Rachel:** Yeah.

**Griffin:** And my foot hit first, and my knee just like blasted into my nose.

**Rachel:** Yeah.

**Griffin:** And really messed it up. A girl dislocated her shoulder on it one time and had to go to the emergency room.

**Rachel:** [sighs]

**Griffin:** Um, but it was, you know, you could jump really high.

**Rachel:** [laughs] So there.

**Griffin:** So it was still, like—

**Rachel:** So there you go.

**Griffin:** But that wasn't enough to dissuade us.

**Rachel:** Yeah, I will say I imagine the more you age, the more trampolines become dangerous. Because right now, like Big Son, he just like, he just bounces.

**Griffin:** He just bounces, yeah.

**Rachel:** That's all he do— No stunts. No like five other kids on there with him.

**Griffin:** No.

**Rachel:** Uh it really is exclusively just for him and you to... chase each other around in circles.

**Griffin:** Gus gets in— Little Son gets in there too, though, and...

**Rachel:** [chuckles] It's very cute.

**Griffin:** He is just— He's down for whatever. You can pop him around and he's like "Yeah, man, whatev—"

**Rachel:** [laughs]

**Griffin:** He's a tough— He's a tough little nugget.

**Rachel:** [chuckles]

**Griffin:** Uh it's— it's— it's uh— It's also just a fun little space to be in, when you're outside?

**Rachel:** Yeah.

**Griffin:** Like it's up off the ground, so there's no ants.

**Rachel:** Mm-hmm.

**Griffin:** And you can just— A lot of the time we'll just go out there with some toys and just like play with toys out on the trampoline.

**Rachel:** Mm.

**Griffin:** Uh we'll throw a soccer ball in there.

**Rachel:** That soccer ball.

**Griffin:** And forget about it.

**Rachel:** Yeah, that is an activity in itself.

**Griffin:** We have a lot of games that we play. The one that Henry likes the most is “Burglar”, where I— he has caught me burglarizing his house and his toys, and he throws the ball at me while I try to jump out of the way.

**Rachel:** [laughs]

**Griffin:** Uh and sometimes he hits me with the freeze beam, and then I do have to stop and then he just throws a ball at me. And...

**Rachel:** [laughs]

**Griffin:** That part’s not as fun for me.

**Rachel:** I didn’t know kids knew the word “burglar”. Seems like—

**Griffin:** I mean, Henry’s a very smart child.

**Rachel:** [chuckles] Well it just seems like a word that’s not really used frequently anymore.

**Griffin:** Hmm, yeah.

**Rachel:** You know.

**Griffin:** These kids today.

**Rachel:** [chuckles] You just never hear like “Yeah, oh man. Last night our house was burgled”. [laughs softly]

**Griffin:** Well there’s different— It means different things, right? Like burglary and robbery are two— I had to learn this in like my—

**Rachel:** Oh, I didn’t know that.

**Griffin:** Yeah.

**Rachel:** I thought they were interchangeable.

**Griffin:** No, I had to learn this for um, like my reporting classes.

**Rachel:** Oh.

**Griffin:** At the— At the j-school.

**Rachel:** That makes sense.

**Griffin:** 'Cause they're different crimes. I think robbery is... uh— And I mean this is also like criminal law.

**Rachel:** Yeah.

**Griffin:** Like they're different crimes.

**Rachel:** Of course, of course.

**Griffin:** I think robbery is... when someone's home, but burglary is when you steal people's shit from their house and they're not home.

**Rachel:** Ohhhh.

**Griffin:** Uh, so rob— I think that's, I think I may have it.

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

**Griffin:** Switched around.

**Rachel:** Still though, still though.

**Griffin:** Still though, still.

**Rachel:** You don't go on like a website and somebody's like "Hey, I've started a GoFundMe because I was burgled". [chuckles]

**Griffin:** Right, yeah. It's a funny word, objectively.

**Rachel:** Okay, yeah.

**Griffin:** It sounds like “burger”.

**Rachel:** Yeah.

**Griffin:** Yeah. Um... it’s also good for confidence building, I feel like.

**Rachel:** Yeah.

**Griffin:** ‘Cause it’s like you don’t have to be afraid of falling down.

**Rachel:** Yeah.

**Griffin:** If you’re a little kid and you’re in there, ‘cause you can just like, you will bounce right back up.

**Rachel:** Has he tried the butt bounce yet?

**Griffin:** Once or twice, once or twice.

**Rachel:** Does— How does he feel about it?

**Griffin:** It’s hard to fight that instinct to like put your hands below you, and like catch yourself that way.

**Rachel:** Yeah.

**Griffin:** To just catch it full butt is...

**Rachel:** [laughs]

**Griffin:** You know, it’s— it’s— We’re workin’ on it.

**Rachel:** It’s hard because like Griffin demonstrated that for me and was like “Oh, we are too old and big to be doing this”, so it’s hard to like show Henry the butt bounce and not put your own self at risk.

**Griffin:** Right. The origins of the trampoline, it’s hard to sort of pin down the exact one, ‘cause people have been tossing people into the air with blankets for a very long time.

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

**Griffin:** I, uh... I think in *Don Quixote*, there's a bit where Sancho Panza is thrown in the air with a blanket, as like a punishment? Uh but this is obviously a— a different thing. Also uh, firefighters, like old timey firefighters in the 19<sup>th</sup> century—

**Rachel:** Yeeeeeeeah.

**Griffin:** Used to use those, uh what were called "life nets".

**Rachel:** Yeah.

**Griffin:** Which were essentially just a b— a bunch of people pulled a thing taut.

**Rachel:** Gosh.

**Griffin:** And would catch people. Can you imagine like trusting a group of human beings that much that you're like "Yeah, I'll jump out of this burning Chicago high-rise, and you guys are gonna hold that blanket real tight! Right, guys?"

**Rachel:** Yeah. "But not so tight that I bounce right off of it."

**Griffin:** "And go—" Yeah, that's another big concern.

**Rachel:** Ooph.

**Griffin:** Um... So circus performers were using various sort of bouncy things for their business. Their bouncy business, for a long time.

**Rachel:** [giggles] I'm picturing like a little briefcase with a foldout trampoline.

**Griffin:** I'm thinking— I'm talking more about like springboards, right?

**Rachel:** Mm.

**Griffin:** Which is a totally different thing. Uh there—

**Rachel:** By the way— Sorry, I'm— I'm—

**Griffin:** No, please.

**Rachel:** I'm real jacked up on this trampoline idea.

**Griffin:** Yeah.

**Rachel:** I was just thinkin' like you know those little like places for kids, one of 'em should be called "Bouncy Business". [chuckles]

**Griffin:** "Bouncy Business" is a great— would be a great name for that. Uh there's— there's like circus folklore that attributes the invention of the trampoline to a— an aerialist artist called "du Trampoline".

**Rachel:** Oh my gosh.

**Griffin:** Uh who utilized the like trapeze safety net.

**Rachel:** Yeah.

**Griffin:** For fun, instead of safety. Uh and this is made-up. Like there is literally no documented evidence of— of a performer named "du Trampoline" who did such a thing.

The real origins of the like, what we know as the trampoline was created by George Nissen and Larry Grisold, um or perhaps Griswold? Yeah, it is Griswold. That was a typo on my fault. My fault, guys. Uh and they were gymnasts at the University of Iowa in the 1930s. And they— they learned, sort of in the du Trampoline style, that trapeze artists had sort of these specialized safety nets that they used for specifically new trapeze artists that were more sort of forgiving, and they were essentially just like uh... Tarps with grommets running along the edge of it, which is essentially, you know, what a trampoline is, or— or would eventually become.

Uh and so they started to workshop a sort of toy version of it. Not even a toy version of it, right? Because they were using it for gymnastics and different sporting events. But they trademarked it, uh, trampoline, which is Spanish for "diving board", apparently? Uh but they anglicized it and trademarked it and opened up the "Griswold Nissen Trampolining, uh,

Trampoline and Tumbling Company" in 1942. Uh "trampoline" was a trademark, right? Like Band-Aid.

**Rachel:** Yeah.

**Griffin:** And so the generic—

**Rachel:** Wow.

**Griffin:** It used to be, it's not anymore. But the generic word that they used for like the concept of the sport was "rebound tumbling", which I actually think I like more.

**Rachel:** Yeah, I could see that.

**Griffin:** Um—

**Rachel:** But like what did you call the surface?

**Griffin:** What do you mean?

**Rachel:** Well, if— if "trampoline" is trademark, then what are you jumping on if you can't call it a—

**Griffin:** A rebound tumbler.

**Rachel:** Oh, that surface was called a "rebound tumbler". I thought the act—

**Griffin:** I'm in the—

**Rachel:** The act of doing it was called a—

**Griffin:** It was both.

**Rachel:** Okay.

**Griffin:** It was both things.

**Rachel:** Okay.



**Griffin:** Sort of like how a trampoline is called a trampoline, but if you bounce on it, it's "trapolining". Yes?

**Rachel:** Oh, okay.

**Griffin:** Essentially it's the same thing. Uh... I just— I just think trampolines rule. From a physics standpoint they're fascinating, because it's not the... you know. It's not the mat itself that stretches and launches you, it is the springs that surround the— the mat. And so when you push—

**Rachel:** Yeah. Yeah, there's nothing like inherently bouncy about that tarp surface.

**Griffin:** No, and it— What happens is that the springs store potential energy as you push down into them, and then translates it into kinetic energy as it launches you back up into the air.

**Rachel:** Yeah.

**Griffin:** That's fascinating to me.

**Rachel:** Yeah, it— it— There's so much rhythm involved in it too. That's the one thing like that's been kind of hard to communicate to Henry, is that when you are bouncing with somebody that is much bigger than you, how you like—

**Griffin:** You have to match their footfalls, or else.

**Rachel:** Yeah, or like how you can time it so you really get the advantage of it.

**Griffin:** Yeah.

**Rachel:** And not just like minimal bounce. Mm.

**Griffin:** Yeah. Uh, I love the trampoline.

**Rachel:** Yes.

**Griffin:** It's good. The static electricity is fun.

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

**Griffin:** You get a lot of wild sort of Doc Brown hair going.

**Rachel:** Mm-hmm.

**Griffin:** Uh, which I love.

**Rachel:** [chuckles]

**Griffin:** Uh, yeah. Thanks trampolines. And thanks Misters Nissen and Griswold.

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

**Griffin:** For your bouncy stuff. Can I steal you away?

**Rachel:** Yes.

[ad break]

**Griffin:** Got a couple bubble bobbles here, and this first one is for Geoff and it's from Clarice, who says,

"Hi babe. I hope this message plays on a car ride to get French fries and milkshakes, but if not then let's go soon please? Or maybe we'll be on our way to a camping trip with the pup and our families. I know that together the adventures we have planned this year are going to be wonderful. I love, adore, admire, look up to, and dream about you."

That's a lot of... verbs.

**Rachel:** Mm-hmm.

**Griffin:** That Clarice does toward Geoff.

**Rachel:** [chuckles]

**Griffin:** Um, although I do— I guess th— I guess that is po— I look up to you and dream about you, and love, adore, and admire you. Um... And... I— I covet you.

**Rachel:** Ooo!

**Griffin:** That doesn't s— That's not a good verb.

**Rachel:** [laughs]

**Griffin:** That's like biblical, in a way that I don't quite understand.

**Rachel:** See I was gonna focus on— on the dog, and how that is a one real advantage I see of having a dog to a cat, is that you could take a dog camping with you.

**Griffin:** And they keep you safe.

**Rachel:** And—

**Griffin:** Like *Call of the Wild*.

**Rachel:** The idea of taking a cat camping with you is—

**Griffin:** It's fun— It's funny.

**Rachel:** It's funny. Uh, seems terrible though. [chuckles]

**Griffin:** Yeah, they would run away forever. Do you wanna do this other one?

**Rachel:** Yes. This message is for Crystal Khan. It is from Steven Sun. "To my dearest Crystal. By the time this Jumbotron comes out, maybe we'll be married for a whole year?! Just to cover our bases, Happy Lunar New Year, Valentine's, and anniversary. Hopefully we've figured out how to remove the matted fur from our penguins, or else you'll have some rowdy rockhoppers on our hands. Love you forever and always, Steven."

**Griffin:** I wanna know everything about this.

**Rachel:** [laughs]

**Griffin:** I want to know everything about Crystal and Steven, I want to know why they do have rockhopper penguins on their hands, and why there's matted fur in them. And on them. Do penguins have fur? This is another question.

**Rachel:** Yeah. See, I always thought they were called feathers, but maybe they are called fur.

**Griffin:** But does penguins even have feathers? I guess they do, 'cause in *Happy Feet*.

**Rachel:** Yeah, the little ones.

**Griffin:** Sometimes they're pretty fluffy.

**Rachel:** The little ones do, for sure.

**Griffin:** That's interesting, 'cause I think of them as just being sort of these perfectly smooth...

**Rachel:** [chuckles] Like dolphins?

**Griffin:** Like dolphins, but I guess they do get kinda puffy in the *Happy Feet* movies.

**Rachel:** Mm-hmm.

**Griffin:** Man...

**Rachel:** [chuckles]

**Griffin:** I'm not proud that that's my touch—

**Rachel:** [laughs]

**Griffin:** My touchstone.

**Rachel:** That's where we've learned the most about—

**Griffin:** Yeah...

**Rachel:** Not even *March of the Penguins*, we've learned the most—

**Griffin:** Can't watch, too sad.

**Rachel:** From *Happy Feet*.

**Griffin:** *Happy Feet*; kinda sad, but it turns out okay.

**Rachel:** [chuckles]

[perky music plays]

**Carrie:** I'm a psychic. My name is Psychic Carrie.

**Ross:** I'm Ross.

**Carrie:** Yes. Oh, what a pleasure to meet you. Of course I knew your name was Ross, as I am a psychic, but please. Take a seat.

**Ross:** Yeah, well I was hoping we could talk about—

**Carrie:** [repeating as if in sync] You were hoping we could talk about—

**Ross:** My podcast.

**Carrie:** My— your podcast. Yes, I know.

**Ross:** It's called *Oh No! Ross and Carrie*.

**Carrie:** [repeating again] *Oh No* [mutter unintelligibly in time] Yes.

**Ross:** We investigate fringe science.

**Carrie:** Uh-huh.

**Ross:** Spirituality. And claims of the paranormal.

**Carrie:** [continues muttering in time] Normal!

**Ross:** You took the words right out of my mouth!

**Carrie:** Yes, this whole podcast, it sounds like it's been a real challenge for you lately.

**Ross:** No, actually it's a lot of fun!

**Carrie:** Yes, exactly! Because it's so fun!

**Ross:** I don't know how you do it.

**Carrie:** This will be \$75.

**Ross:** Okay. That seems fair.

**Carrie:** *Oh No! Ross and Carrie.*

**Ross:** At maximumfun—

**Ross & Carrie:** Dot org.

**Ross:** You knew it was a .org.

**Carrie:** I have a gift.

**Teresa:** Shmanners; noun. Definition; rules of etiquette designed not to judge others, but rather to guide ourselves through every day social situations.

**Travis:** Hello internet! I'm your husband host, Travis McElroy.

**Teresa:** And I'm your wife host, Teresa McElroy.

**Travis:** Every week on *Shmanners*, we take a look at a topic that has to do with society or manners. We talk about the history of it, we take a look at how it applies to everyday life, and we take some of your questions. And sometimes we do a biography about a really cool person that had an impact on how we view etiquette. So join us every Friday and listen to *Shmanners* on MaximumFun.org, or wherever podcasts are found.

**Teresa:** Manners, *Shmanners*. Get it?

**Griffin:** What you got?

**Rachel:** I have a cereal.

**Griffin:** [gasps] [sighs] Can I guess?

**Rachel:** Okay.

**Griffin:** Am I gonna be able to guess?

**Rachel:** Yeah.

**Griffin:** Okay. Cinnamon Toast Crunch?

**Rachel:** No.

**Griffin:** Kashi. [snorts]

**Rachel:** [laughs] Wow, you went the other end. [laughs heartily]

**Griffin:** I went to the opposite end of the spectrum. [laughs quietly]

**Rachel:** [laughs]

**Griffin:** Do you remember when you used to eat Ka— Well we used to— You used to buy— I say we, you bought Kashi at the grocery store and would bring it home and be like “Time for Kashi”, and it was sort of like gerbil food?

**Rachel:** [laughs]

**Griffin:** Like pellets that you would get from a Pet Smart or something.

**Rachel:** I grew up in a household with only healthy cereal. Uh and so for me, my instinct when I purchase a cereal is to go healthy.

**Griffin:** Yeah.

**Rachel:** Um, that should give you a clue as to the cereal I am talking about.

**Griffin:** Oh, Raisin Bran?

**Rachel:** No, not that healthy.

**Griffin:** Not that healthy.

**Rachel:** Somewhere in between...

**Griffin:** Cheerios?

**Rachel:** Yes.

**Griffin:** Oh, you're talking about Cheerios.

**Rachel:** I'm talking about Cheerios.

**Griffin:** Okay, okay.

**Rachel:** Do you have feelings about Cheerios?

**Griffin:** Not my favorite. You know what I loved, and I don't even think it's around anymore, but Apple Cinnamon Cheerios, I would destroy.

**Rachel:** Oh, that was a good one. Mm.

**Griffin:** Those were good.

**Rachel:** Mm-hmm.

**Griffin:** Honey Nut Cheerios—

**Rachel:** Honey Nut, for me that's my favorite.

**Griffin:** That's the jam for you?

**Rachel:** Yeah.

**Griffin:** Okay.

**Rachel:** 100%.



**Griffin:** I think I got burned out on it. I used to eat it exclusively when I was sick, and so I have like certain associations in my mind.

**Rachel:** Oh, interesting. Yeah.

**Griffin:** But man, Apple Cinnamon Cheerios, ooh.

**Rachel:** I love, I love a Cheeri— Even— Even a plain Cheerio with some bananas sliced up in there.

**Griffin:** Disgus— Diiiisgusting.

**Rachel:** Or some strawberries?

**Griffin:** No thanks.

**Rachel:** Blueberries?

**Griffin:** You— There's nothing you can put in there that's—

**Rachel:** [laughs]

**Griffin:** Make plain Cheerios more palatable to me.

**Rachel:** That's disappointing to me.

**Griffin:** They had to start— Like all the commercials for plain Cheerios are now like "It's good for heart health".

**Rachel:** Yeah, uh-huh.

**Griffin:** I need a— I need a little bit more than that, Cheerios.

**Rachel:** I'm gonna talk about that, actually.

**Griffin:** I love my ticker, and I want it to keep on clocking in for a long, long time.

**Rachel:** [laughs]

**Griffin:** But I need a little bit more from my cereal than just like “Oh, it’s good for the heart”, you know?

**Rachel:** You— The— The crunchy and the— That doesn’t do anything for you?

**Griffin:** That it’s crunchy?

**Rachel:** Uh-huh.

**Griffin:** Packing peanuts are crunchy, do you know what I mean?

**Rachel:** [hesitantly] Yeah.

**Griffin:** Lettuce is crunchy.

**Rachel:** [chuckles]

**Griffin:** There’s lots of crunchy things out there. If I wanted to just crunch, I would buy Kashi.

**Rachel:** [laughs] Because of the friendly faces on the front?

**Griffin:** No, because it makes me... poop on like a schedule that I could plan a month in advance.

**Rachel:** [laughs] Um, I was thinking of the Cheerio because of the versatility of it, because of the fact that I like to eat it—

**Griffin:** You could make a necklace with it.

**Rachel:** Yeah, you can make a necklace.

**Griffin:** Garland.

**Rachel:** Uh also the babies, you can give it to the babies.

**Griffin:** Sure, yeah.

**Rachel:** I think a lot now, you know, we’re— we’re in the solid food land, uh, and I’m tryin’ to get Little Son onto like pickin’ up food and eatin’ it.

**Griffin:** Yeah.

**Rachel:** And so I'm always thinkin' about like what can I put in front of him that would be safe for him to eat, and I—

**Griffin:** Ki— He has taken to that so fast, it is shocking. I feel like you, you put a puff down in front of this child, and he's like "What is it? Let me see. Hmm."

**Rachel:** He knows.

**Griffin:** "Okay, let me stick my whole hand in that bucket of puffs."

**Rachel:** Well he's at an age— [chuckles]

**Griffin:** "And let me just get at it."

**Rachel:** He's at an age where he puts everything in his mouth anyway.

**Griffin:** That's a good point.

**Rachel:** And so when you've figured out like "Oh, this one tastes good".

**Griffin:** Yeah.

**Rachel:** Uh, let's keep goin'.

**Griffin:** Yeah.

**Rachel:** Uh, Cheerios w— If you had to guess when Cheerios came on the scene, what would you say?

**Griffin:** God, I— I feel like all those sort of staples cereals—

**Rachel:** Uh-huh.

**Griffin:** Are much older than I... would think.

**Rachel:** Mm.

**Griffin:** I'm going to say, like... 1890.

**Rachel:** [chuckles] No, 1941.

**Griffin:** Oh, fuck. I was 50 years off.

**Rachel:** [laughs] Actually, so— So 1941, they were called Cheerio-oats.

**Griffin:** I like that!

**Rachel:** They had a physicist working for General Mills, and he invented a puffing gun machine.

**Griffin:** [quietly] Fuck yeah.

**Rachel:** That puffed oats into the "o" shape.

**Griffin:** By shooting them with a puffing gun?!

**Rachel:** This— This is the thing, like they had to get the technology.

**Griffin:** Yeah, sure.

**Rachel:** Like, before it was just flakes. It was Frosted Flakes, you know. But this was like really, really—

**Griffin:** A circle.

**Rachel:** Blew it right up.

**Griffin:** Yeah.

**Rachel:** Uh after that, you could get Trix in 1954 and Cocoa Puffs in 1958. Like this technology—

**Griffin:** So once they got this cool cereal gun...

**Rachel:** Yeah.

**Griffin:** It really opened a lot of doors.

**Rachel:** Uh-huh.

**Griffin:** And mouths.

**Rachel:** Uh but Cheerio-oats they couldn't continue calling it, uh because Quaker Oats said that it was trademark infringement.

**Griffin:** 'Cause they used the word "oats"?!

**Rachel:** [laughs] Yeah.

**Griffin:** Get the fuck over yourself, Quaker Oats!

**Rachel:** Like "We own oats, thank you".

**Griffin:** Yeah.

**Rachel:** Yeah. So in uh 1945, they changed to Cheerios.

**Griffin:** It's a better name.

**Rachel:** It is a better name. They like th— So they tried to get it going, uh... With a mascot called "Cheerio O'Leary".

**Griffin:** Cheerio O'Leary?

**Rachel:** Uh-huh.

**Griffin:** Was this like a sort of leprechaun situation?

**Rachel:** I— So I looked at it to see if there was any sort of like real, super insensitive Irish overtones. There are not.

**Griffin:** Okay...

**Rachel:** From what I can tell. Uh it's just—

**Griffin:** You're not Irish though, so...

**Rachel:** [chuckles] Yeah.

**Griffin:** I feel like you should... leave it to...

**Rachel:** Fair.

**Griffin:** Well, I'm Scots Irish. I don't know that I have—

**Rachel:** No, fair. I mean you would be a better judge, I guess.

**Griffin:** [quietly] Yeah.

**Rachel:** I'll have to show it to you and you can see if you're offended.

**Griffin:** Okay, let's see.

**Rachel:** By Cheeri O'Leary.

**Griffin:** Oh honey, this is super offen— I'm looking at him now and this is so offensive.

**Rachel:** You are not. [chuckles]

**Griffin:** What's he— He's just eating a big potato? Rachel, they— you can't do that.

**Rachel:** Um, she— So they started to say like "Don't say 'good morning', say 'Cheeri-oats!'" Uh which then they—

**Griffin:** It works better as "Cheerios".

**Rachel:** [chuckles] It does, it does. Uh there was also the Cheerios Kid, uh and his sidekick, Sue. Um—

**Griffin:** Why did he— Why did he n— Why did he need and get a sidekick?

**Rachel:** They also had Hoppity Hopper, uh which was an animated frog, which I could see... You know when Dig'em came around maybe caused some tension.

**Griffin:** Oh, man. God, I love Smacks so much.

**Rachel:** Uh, they also did a lot of co-branding. So they did Rocky and Bullwinkle, um they did some Mickey Mouse Club stuff. Uh really tryin' to get their foothold in the like kid's— kid's cereal.

**Griffin:** I—

**Rachel:** 'Cause you know, like if you think about it, back in the day, eggs, bacon. But then, you know—

**Griffin:** [sings] “Eggs, bacon, and toast.”

**Rachel:** [chuckles quietly]

**Griffin:** Sorry. I think about “Eggs, Bacon, and Toast” a lot. The song from *Parks & Rec*.

**Rachel:** *Parks & Rec*, okay. Yeah. [chuckles]

**Griffin:** That the Gergich— That the Gergich family sings every morning when they eat breakfast.

**Rachel:** Uh so this was like 50s and 60s, this is like, you know, women are going to work.

**Griffin:** Yeah.

**Rachel:** And uh, they don't have time to put together a big meal.

**Griffin:** Fry up some bacon, yeah.

**Rachel:** So cereal was kinda the way to go. Uh so, first variation on Cheerio, you would think would be the Honey Nut.

**Griffin:** But the way you said that makes me know that it is not.

**Rachel:** [chuckles] You're so good at this now.

**Griffin:** Thanks, yeah, I know the rhythms.

**Rachel:** Ah, 1976 Cinnamon Nut Cheerios.

**Griffin:** Yeah!

**Rachel:** See, I think you woulda liked this.

**Griffin:** I think I would've too.

**Rachel:** Uh... Honey Nut came three years later.

**Griffin:** What's the name of the biiiiig, circular, crunchy cereal that's like nutty-flavored, that has like little— little crumbles. Do you know what I'm talking about? They're— It's like biiiiig circular—

**Rachel:** Is it Weetabix?

**Griffin:** Noooo... [sighs] No, I don't think it was that. I don't think it's still around. I have a very vivid memory of one time I was at my grandma's house and I ate this dope, big— big Cheerios, with like nut-flavor chunks all over it.

**Rachel:** I don't think I know.

**Griffin:** And then I went out to play at like a community playground and slid down a slide into a big pile of leaves, and a spider bit my hand.

**Rachel:** [laughs quietly]

**Griffin:** [laughs] I think about that day a lot. I was like "This is good ass cereal." Crunch, crunch, crunch. Slide. And then I got crunched. My hand got super fat.

**Rachel:** [laughs]

**Griffin:** Super, super swolled.

**Rachel:** The— The fact that those memories are inextricably linked.

**Griffin:** So linked in my mind.

**Rachel:** [laughs] W— Did you never eat that cereal again?



**Griffin:** I would still— Yeah, I would destroy that cereal! Are you kidding me? I loved it.

**Rachel:** I don't think I know what this is. When you say "big", do you mean like, what? Like the size of an Oreo big?

**Griffin:** [affronted] Not that big.

**Rachel:** [chuckles] I'm sorry.

**Griffin:** It was a sort of Fruit— Fruit Loops circle.

**Rachel:** Oh.

**Griffin:** Which is about, I would say 50% larger than a Cheerio.

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

**Griffin:** Okay.

**Rachel:** I don't know what that is.

**Griffin:** Alright.

**Rachel:** I'm sure we'll hear though.

**Griffin:** Maybe it was a square. [snorts] I'm gonna Google "nut squares" while you continue.

**Rachel:** [chuckles]

**Griffin:** Nut square cereal. Square nut cereal.

**Rachel:** Squir— Squirrel nut.

**Griffin:** Alright, now I'm getting... My— My little Google puck that I forget that I have in the corner is now telling where I can buy nuts in the city of Austin.

**Rachel:** [laughs quietly]

**Griffin:** Which is great. Stop!

**Rachel:** [chuckles]

**Griffin:** Go on.

**Rachel:** Uh, so Cheerios has had many flavors. Uh Apple Cinnamon was 1988. So you barely remember a world without Apple Cinnamon Cheerios.

**Griffin:** That's true.

**Rachel:** Um Frosted in 1995, Fruity 2006, Banana Nut 2009, Chocolate 2010. Chocolate is what our— our Big Son enjoys.

**Griffin:** Big Son does like those.

**Rachel:** Uh 2015 is where they brought Ancient Grains, which contains oats, spelt, and quinoa. Unfortunately Berry Burst and Dolce de Leche were both discontinued.

**Griffin:** Berry Burst I remember being kinda okay.

**Rachel:** Yeah. Yeah yeah yeah.

**Griffin:** I dreamed this cereal, by the way. It does not exist.

**Rachel:** I'm sure you didn't. You know who you should ask?

**Griffin:** It's Justin McElroy.

**Rachel:** Yeah.

**Griffin:** Yeah.

**Rachel:** Regional cereal expert. Um... The other thing I like about the Cheerios is that there's like no allergens in it.

**Griffin:** Oh, yeah!

**Rachel:** You would be surprised how many cereals have soy and/or milk just baked in.

**Griffin:** Yeah. All cereal has milk when I am in charge.

**Rachel:** [chuckles]

**Griffin:** When I'm— When I'm holding the reins, all cereal's got milk on.

**Rachel:** Is that what it says on your Twitter bio?

**Griffin:** Uh-huh.

**Rachel:** [chuckles] Um uh, Cheerios are gluten free! As of 2015, General Mills removed cross-contamination uh which, you know, if you've got wheat up in the machines, then you are cross-contaminating.

**Griffin:** Mm.

**Rachel:** But— But they took it out of the equation, and so now gluten free.

**Griffin:** Mm-hmm.

**Rachel:** And apparently that generated some real business for them, 'cause a lot of folks out there are livin' that way these days.

**Griffin:** Yeah.

**Rachel:** Uh so, to the heart health issue, this was interesting. So in 2009, the FDA took issue with the claim on Cheerios boxes that Cheerios can lower bad cholesterol by 4% in six weeks. Uh FDA said "You either need to change the print on the Cheerios boxes, or apply to get Cheerios classified as a cholesterol-lowering drug". [laughs]

**Griffin:** That would be fucking hysterical.

**Rachel:** So now the label says that "eating Cheerios as part of a healthy diet may help lower cholesterol and the risk of heart disease."

**Griffin:** Wink.

**Rachel:** [chuckles]

**Griffin:** You know.

**Rachel:** I love the idea though of Cheerios coming in a little prescription bottle. [laughs]

**Griffin:** Mm-hmm! And costing \$400.

**Rachel:** Your doctor saying like "Here you go".

**Griffin:** Mm-hmm.

**Rachel:** "Dose this out, but don't overdose."

**Griffin:** They would call it— They would have to change it to something like [in a refined voice] "Calori— Calorics", or something.

**Rachel:** [laughs]

**Griffin:** "Cholester— Cholesterix."

**Rachel:** "Cholor— Cholorios."

**Griffin:** "Cholorioix."

**Rachel:** [chuckles]

**Griffin:** Something like that. And then there would be commercials of like a grandma flying a kite with her grandkids running around.

**Rachel:** Yeeees, and like a man on a bicycle.

**Griffin:** Mm-hmm.

**Rachel:** And wearing like a polo shirt.

**Griffin:** Yeah, and the honeybee, but the honeybee is like... He's like wearing a black sweater, and he's like looking out a window, looking kinda depressed.

**Rachel:** [chuckles] With the newspaper.

**Griffin:** And with the newspaper. And he's got like a rash. And then he eats the Cholesterolorix, and he's like— he's fun again.

**Rachel:** [chuckles] And he like goes out and plays with his dog.

**Griffin:** Yeah.

**Rachel:** Yeah. [chuckles]

**Griffin:** 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 MaximumFun for havin' us on the network. Max Fun Drive's coming up soon, and we're— we're thinkin' about all kinds of fun stuff that we can do.

**Rachel:** Yeah.

**Griffin:** To... do to build support for the network.

**Rachel:** Also the McElroys are on tour.

**Griffin:** Yes, heeeey. Come and see us, why don't you? Maybe even in April, when we're gonna be in St Louis and Kansas City and Minneapolis. Uh there's still tickets available for all those shows, and uh St Louis me and Rachel are gonna be opening with *Wonderful!* and it's gonna be a lot of fun. Uh, you can get tickets for that— I mean just go to [mcelroy.family](http://mcelroy.family), you can find all the details about the tours. We're goin' all around this great nation of ours uh over the next few months, so— so please buy tickets and come out and see us. 'Cause we haven't done this in a while, and it would be great if we could perform in theatres—

**Rachel:** [chuckles]

**Griffin:** That were... like full enough, you know what I mean?

**Rachel:** Yeah. I will say, there are tickets still available for St Louis.

**Griffin:** Yeah.

**Rachel:** And uh it would be nice, 'cause it's like the first big show now of the tour.

**Griffin:** Yeah. It's true.

**Rachel:** To have folks out there.

**Griffin:** Yeah.

**Rachel:** Watchin' and— and cheerin'.

**Griffin:** Screaming.

**Rachel:** Mm-hmm.

**Griffin:** Tearing their clothes. Wailing!

**Rachel:** And you know what? It's cheaper than a trampoline.

**Griffin:** It's cheaper than a trampoline! And you'll get even higher, if you know what I mean.

**Rachel:** [laughs] I like that. I like that.

**Griffin:** [chuckles] Yeah.

**Rachel:** [laughs]

**Griffin:** Anyway.

**Rachel:** Anyway.

**Griffin:** That's it. Thanks for listening. We'll be back next week, probably. Unless one of our kids gets sick, or you know—

**Rachel:** Don't— Don't pu—

**Griffin:** Bounces too high.

**Rachel:** Don't put that into the world.

**Griffin:** On his trampoline and—

**Rachel:** Don't, don't.

**Griffin:** They bonk into a tree branch.

**Rachel:** I believe—

**Griffin:** And the tree branch falls down and they get a big lump on their head that comes up, like a cartoon lump.

[theme music fades in]

**Rachel:** I believe in the reverse secret. I don't know that I believe in the Secret, but I believe in the reverse secret, where you say bad things and then it becomes real.

**Griffin:** That's— That's just called anxiety.

**Rachel:** Oh. [laughs]

[outro music plays]

[ukulele chord]

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