

Wonderful! 209: There Goes Snowkyo, Go Go Snowzilla

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[theme music plays]

Rachel:

Hello. This is Rachel McElroy.

Griffin:

This is Griffin McElroy.

Rachel:

And this is Wonderful!

Griffin:

Welcome, baby!

Rachel:

Hey.

Griffin:

Hey!

Rachel:

Ooh.

Griffin:

Hey-o!

Rachel:

[laughs]

Griffin:

You feel that holiday spirit creeping up? M— my ass feels like a Starbucks cup up in here.

Rachel:

I— I need— I need to hit some tonight I think, because—

Griffin:

Oh.

Rachel:

... I don't know that I've really dipped my toe enough.

Griffin:

You need a kiss.

Rachel:

I walked by that— that tree in our room and I think, there it is.

Griffin:

There it is.

Rachel:

It hasn't really synced up yet with, like, the spirit.

Griffin:

You need the ghosts. You need them three ghosts.

Rachel:

Oh, I thought you were talking about Jesus. [laughs]

Griffin:

You need them Holy gho— okay, typically when one talks about Jesus, they don't refer to him as multiple ghosts.

Rachel:

[laughs]

Griffin:

You could call him—

Rachel:

Well, that's when I knew you weren't, when you said the three. I— that's— I was like, oh, okay, no, not—

Griffin:

I could have probably—

Rachel:

Not the holy one.

Griffin:

I could have probably come up with something to convince you that Jesus is three ghosts.

Rachel:

I know. I'm very gullible when it comes to the Bible.

Griffin:

That's— that's entirely true.

Rachel:

Bi— is it bib— bibble? Bib— bibble? Bible?

Griffin:

Uh, the original pronunciation was bibble.

Rachel:

Okay.

Griffin:

Uh, hey. Welcome to the Wonderful Show. It's a show— [laughs] where we talk about things that we like and things that we're into and now it's called the Wonderful Show.

Rachel:

Mm-hmm.

Griffin:

Uh, it's like the Man Show, that classic show on Comedy Central.

Rachel:

Oh. How is it like that?

Griffin:

Well, um, we talk about beer, we talk about beds.

Rachel:

[laughs] Uh-huh.

Griffin:

Um, no, this— this is a good time of year, I feel like, for this show. I feel incredibly, uh, grateful for a lot of things.

Rachel:

Yeah. Me too.

Griffin:

And, uh, I— it's been a— it's been a very wild ride this month, I would say. But it's been—

Rachel:

This year, even, one might say.

Griffin:

This decade, one might say.

Rachel:

[laughs]

Griffin:

Um, but, yeah, I'm— I'm— I'm— I'm in a g— I'm in a good mood and that's maybe because the sickness that has occupied our house now for, like, a week and a half has finally left me behind. But it's still got its cruddy grip all over you.

Rachel:

I am feeling better today. I— you know, people said— people said when they said, you know, hey, we're all gonna go back into the world and our immune system has basically been dormant for over a year.

Griffin:

Yeah.

Rachel:

I bet there's gonna be some illness that comes with interacting with people again.

Griffin:

Yeah.

Rachel:

And hey, turns out, yes. Basically, since our children have been in care locations for almost a year— no, not quite a year.

Griffin:

No, it's— no. No, no.

Rachel:

Not even a year. We've been sick like three times. Three or four times at least.

Griffin:

Yeah. Since, like, September maybe. Uh, yeah—

Rachel:

They keep bringing this stuff home and we keep—

Griffin:

It's fucking brutal.

Rachel:

... sucking it up.

Griffin:

Um, and because we've, uh, increased our number of people in the family—

Rachel:

Yeah.

Griffin:

... by a factor of, you know, 33%, uh, the vectors have, uh, exponentially increased.

Rachel:

It's hard to tell where it originates.

Griffin:

Yeah, we don't know who to get mad at for bringing this terrible thing into our house.

Rachel:

Sometimes it's like, they bring it home—

Griffin:

Yeah.

Rachel:

... totally unaffected by it.

Griffin:

Uh-huh.

Rachel:

We get it, and then they get it from us somehow—

Griffin:

It sucks.

Rachel:

... even though they are patient zero.

Griffin:

Anyway, this isn't— nobody cares.

Rachel:

Nobody cares.

Griffin:

Um—

Rachel:

But, you know, you're feeling better, I'm starting to feel better.

Griffin:

We're on the up and up right in time for Jesus Day.

Rachel:

Yeah. [laughs]

Griffin:

Uh, you got any small wondies?

Rachel:

Small wondies. Uh...

Griffin:

Uh—

Rachel:

I'm gonna say—

Griffin:

Oh.

Rachel:

[laughs] We harmonized. I'm gonna say the bottle brush.

Griffin:

Bottle brush?

Rachel:

This is a brush where you use to wash the bottles. [laughs] You take— you take the brush when you're cleaning the bottles and you put it in and it is perfectly-sized—

Griffin:

Baby bottles.

Rachel:

... for cleaning the inside of the bottles. I s— you know, the baby, yes, but it could also other small glass bottles that you might be using.

Griffin:

Okay.

Rachel:

Maybe you've got a small vase.

Griffin:

Um, yeah.

Rachel:

Um, and I like that it's sized appropriately for the vessel it is cleaning.

Griffin:

Yeah, I like that too.

Rachel:

What about you?

Griffin:

This is gonna be— this is g— I— sleep—

Rachel:

It can't be darker than mine. Mine is pretty dark.

Griffin:

Oh, I don't know.

Rachel:

[laughs]

Griffin:

Uh, I sometimes enjoy the novelty of sleeping on the couch and—

Rachel:

Oh, here we go.

Griffin:

... and it's not of— it's not because we're—

Rachel:

We're gonna air our dirty laundry.

Griffin:

[laughs]

Rachel:

[laughs]

Griffin:

We're not fighting, but we are taking turns coughing so much that it makes it impossible for the other person to sleep through it.

Rachel:

Griffin and I almost fought over sleeping over the couch last night because I thought—

Griffin:

We didn't fight!

Rachel:

Well, I— he was like, I'll sleep on the couch, and I was like, you know, maybe I should sleep on the couch, uh, because sometimes the couch—

Griffin:

I don't— I don't—

Rachel:

[laughs]

Griffin:

I don't care about nice things as much as I would say the average person who is at this point in their— in their lives.

Rachel:

That is very true, yes.

Griffin:

We— we, uh— I don't care— like, I don't get very much out of that, right? I would say we live a little bit below our means—

Rachel:

Mm-hmm.

Griffin:

... because I just— that stuff doesn't bother me.

Rachel:

Anytime— this is, like, a hint, anytime I shop for Griffin, I tend to buy him very comfortable nice things because he always treats it as such a— a luxury.

Griffin:

I just don't think about it.

Rachel:

Yeah.

Griffin:

Uh, because, I mean, we were— we— we were raised to not necessarily give much of a shit about that.

Rachel:

Mm-hmm.

Griffin:

But I will say we have the nicest bed in the fucking universe, uh, that I love so very, very much—

Rachel:

[laughs]

Griffin:

... and I love sleeping in it but there's something about sleeping on the couch where it's like, ooh, I could do— I could— I could stay up and watch TV and—

Rachel:

I know. TV's right here.

Griffin:

Y— right? Uh, and so I did that last night because one of us was coughing a lot and—

Rachel:

[laughs]

Griffin:

Not because it— you were keeping me up, but I didn't want you to come out to the couch because you felt guilty which is what happened that— the previous evening.

Rachel:

Yeah.

Griffin:

And it's just that, you know, sometimes the couch just— it— it— it— it's a different vibe. It's a different— it hits different.

Rachel:

I like— you know, I like the— the ability to sleep sitting up when I am sick.

Griffin:

Yeah.

Rachel:

Uh, and the couch makes that a lot easier.

Griffin:

This is dep— this is fucking depressing.

Rachel:

It's really sad.

Griffin:

You know what sucks is that my first— my subject today is also sort of in the sadder side—

Rachel:

Yeah, but I think people are gonna be hype for this one.

Griffin:

I hope so. let's just get into it.

Rachel:

let's get into it. What is your first and only and most wonderful thing this week?

Griffin:

It's f— it's functional.

Rachel:

Yes.

Griffin:

It's remarkable. It is one of the most potent healing—

Rachel:

[laughs] Wow!

Griffin:

... techniques—

Rachel:

Okay.

Griffin:

... that I've ever experienced.

Rachel:

Doctor McElroy.

Griffin:

No. Please, God.

Rachel:

[laughs]

Griffin:

I feel like I need the Sawbones intro for this. It's the neti pot. It's the neti pot.

Rachel:

You did say one of the most potent healing and that's—

Griffin:

It's one of the things that when I do it, I'm like, oh okay. I feel— I feel considerably better because of the thing I just did.

Rachel:

Usually, Griffin and I don't share what our topics are in advantage of recording, but this time he was like, hey, I'm gonna do the neti pot. Uh, and I was—

Griffin:

Knowing it would be— you would be antagonistic because you don't like—

Rachel:

Well, not antagonistic. I think, um, it's scary. [laughs]

Griffin:

It is scary. Yeah. I mean, you're dry drowning yourself a little bit.

Rachel:

[laughs] A little bit.

Griffin:

A little bit when you do it. Um, I will say also up front that this is one of the rare types of subjects that I discuss on this show that if you do it wrong, you could die. So, keep that in mind and make sure your shit is c— coming correct to the neti pot adventure if you want to go down this route.

Uh, I have, like— I get pretty chronic, like, sinusitis and, like, sinus, uh, pressure and infections and shit, like, nonstop. I've had surgeries to address it and other sort of, uh, pretty horrific, uh, corrective measures taken to prevent it. But it still happens from— from time to time, and when it hits me, it hits me really, really hard. And so neti pot, or nasal irrigation, uh, is something that I never really took seriously, mostly because it— it— if— if— if your technique is not, like, really good, it does— it does— it is bad to have water poured into your nose.

Rachel:

Well, and I don't think— I mean, I'm sure you will tell us how long it has existed for, but I will say that this was not a thing when we were younger. Like, I didn't know anybody that did it and I never—

Griffin:

Yeah.

Rachel:

... heard about it. Like—

Griffin:

I mean, it was a thing but not in our—

Rachel:

Yeah.

Griffin:

... wor— universe, necessarily. Uh, if you don't know what neti pot is, it's a little teapot that you put in one of your nostrils and you pour, like, this saline and water solution into your nose until it comes out of the other nostril and then you do the other nostril in reverse and water goes through your whole sinus system and out the other side in a display that I would call grotesque—

Rachel:

[laughs]

Griffin:

... carni— c— carni— like a dark carnival of— of, uh, human terror. Uh, but man oh man does it hit the spot. Right?

Rachel:

[laughs]

Griffin:

Uh, and you really— uh, there's like a very specific way you need to hold your head and kind of like close your nose without actually pinching it from your mouth so that you don't, you know, choke yourself and then you just breathe through your mouth as this salt water, basically, goes right through you. Uh, I used to hate it but now I'm really good at it and I think it's a Godsend. Because it's one of those things that makes a lot of sense. Your n— your sinus passages are so, like, tight by default and if you do have sort of, like—

Rachel:

Yeah, they are.

Griffin:

Yeah.

Rachel:

[laughs]

Griffin:

Some sort of, like, you know, deviated septum or just like chronic allergies that, like, swells the stuff up in there, it's really easy—

Rachel:

Yeah.

Griffin:

... for dust or allergens—

Rachel:

Yeah.

Griffin:

... or just, like, the gunk that's up in there to get just stuck, to the point where the usual methods of clearing your nose doesn't work, right?

Rachel:

Yeah.

Griffin:

So if you think about it in any other way, right, if you had some, like, straw that you really loved but it got all jammed up and then you, like, blew through it and it didn't make the stuff come out, you wouldn't be like, oh! Oh well. That's— I've exhausted my options. You just wash it. You just wash it and you rinse it.

Rachel:

This is a weird comparison you're making. [laughs] Yeah, if you had a straw you really loved.

Griffin:

Okay. If— if there was some sort of, like—

Rachel:

[laughs]

Griffin:

If something gets dirty and stuck up, you wash it with water!

Rachel:

Yeah.

Griffin:

And that's—

Rachel:

There you go.

Griffin:

And what neti pots presupposes is, do that to your nose and when you do it and you do it real good, and you instantly feel better 'cause you just washed out the dirty thing—

Rachel:

Yeah.

Griffin:

... it's hard not to be like, why the fuck am I not doing this all the time?

Rachel:

Especially 'cause you have a dust allergy, right?

Griffin:

Yeah.

Rachel:

Like, this seems— this seems pretty essential for you.

Griffin:

But also, like, my shit's fucked up in there and so my nose is particularly, like, great at being, like, irrevocably stuffed to a point where I— y— like, I just have to ride it out and wait for things to fix themselves in there which can take—

Rachel:

Yeah.

Griffin:

... in my case, like, a— a couple weeks, maybe.

Rachel:

Griffin gets one particle of dust in there, he's okay. He gets two, he's okay. Three particles of dust and then forget it. Everything's shut down.

Griffin:

Yeah. Unless I irrigate it and I just— it's one of those things that now that I do it pretty frequently when I get sick, uh, it— it's something that I wish existed for, like, every type of illness.

Rachel:

[laughs]

Griffin:

Like, oh, my tummy hurts. Let me just— let me just flush the— I guess there is ways to flush things.

Rachel:

Yeah, one might say drinking water, uh, is probably the best way to do that for your body.

Griffin:

But not as instantaneously.

Rachel:

No, that's true.

Griffin:

Neti pot takes, like, 30 seconds and I'm back in the fight. Um, it also, like, moisturizes you in there in a place that gets pretty dry at certain types of the— ti— times of the year and it just— it— it— it is, for me, miraculous. Now, if you are interested in getting into the neti pot lifestyle, one, there's a learning curve that sucks shit to get over.

Rachel:

Yeah.

Griffin:

The other thing is that you have to make sure you use distilled or purified water or water that you have boiled—

Rachel:

Yeah.

Griffin:

... in a clean container. And then— then this is an important part of it! If you do boil the water, let that shit cool.

Rachel:

Yeah. [laughs] That is a mistake I have definitely made.

Griffin:

Rachel made it one— uh, one time that I would say was costly.

Rachel:

I— I— so I r— I like a really, like, hot shower or really hot bath so it's made it so that I'm not great at judging temperature because I think, I would shower in this.

Griffin:

Right.

Rachel:

I forget that I would not necessarily put that directly in my nose.

Griffin:

Right. And how was that experience for you? How would you describe it?

Rachel:

It was hot. [laughs]

Griffin:

Okay. Uh, the reason you gotta make sure that it is super duper clean is because there— there can be, you know, bacteria or—

Rachel:

Yeah.

Griffin:

... amoebas in that water that if you drink it, amoeba goes down the gully slide and ends up in your tummy acid and then the amoeba's like, oh no, I'm dead. But you know what doesn't have acid in it is your nose stuff.

Rachel:

Yeah.

Griffin:

Uh, and so if one of them gets in you, it can make for a real bad infection, or also just ki— just kill you outright.

Rachel:

Yeah.

Griffin:

It's not a huge number of people that beef it in this way every year, but it ain't zero.

Rachel:

Yeah.

Griffin:

So you do have to be carefully— you have to be carefully taught. Um, so the practice of nasal irrigation has roots in ancient Indian yogic practices just for general hygiene, uh, and there are actually two variations on that process.

So the neti pot is used in what is called, and I apologize for the pronunciation, Jala neti which is where you get a neti pot and you put some nice clean salt water in it, and you put it in one nostril and comes out the other, right? That's the usual technique. There advanced neti pot techniques which involve pouring it in your nose and spitting it out your mouth, which is cool.

Rachel:

Whoa.

Griffin:

Um, or better yet, and I would love to see this done, you put it in your mouth and then you blast it out your nose.

Rachel:

Oh my God.

Griffin:

Like a reverse whale, and I think that's fucking awesome and powerful.

Rachel:

Wow.

Griffin:

I would never be able to do that technique without being able to, like, you know, open my eyes the next day. Um, but I appreciate that it's there. It is, I would say, preferable to what is called Sutra neti. This is not a judgment on people who do it, obviously. Go with God. I think it sounds powerful and neat but I don't think I would ever be able to pull out a length of string and

put it in one nostril and then pull it out of my mouth and then just kind of floss.

Rachel:

Oh my God.

Griffin:

Which is how rock stars do it, right? Like, I bet Andy Kaufman probably did it that way 'cause that— 'cause that man was wild.

Rachel:

Wow.

Griffin:

But I am good with the vanilla sort of aquatic experience.

Rachel:

Yeah, I don't really know how it works up there, you know? Like, I know that the nose and the mouth are connected but I don't know what that passage looks like.

Griffin:

It's more complicated than you would think!

Rachel:

Yeah.

Griffin:

It would not surprise you to learn that I have looked at many diagrams—

Rachel:

[laughs]

Griffin:

... of the nasal cavity—

Rachel:

Okay.

Griffin:

... and its many mysteries.

Rachel:

Yeah.

Griffin:

Uh, but there's— there's a lot more going up in there than you— than you assume. Um, but I— I know this has been kind of a gross segment but, like—

Rachel:

[laughs]

Griffin:

And— and I think it's one— one of those things that, like, people hear about neti potting and they think that it's some sort of, like, loosey goosey, you know, homeopathic sort of thing, and might feel certain ways about that because of that, but like, on— just on paper, you rinse out your nose pipes when your nose pipes get clogged up. And I feel like if you think about it that way, it's like, oh yeah, that makes— of course!

Rachel:

Yeah.

Griffin:

Why aren't we all doing that?

Rachel:

Yeah, you have to get over kind of the initial, um, he— hesitancy. So I have not done it in a long time and as we mentioned earlier, I have been sick and Griffin was kind of like dropping hints, like—

Griffin:

You were in— you were in real bad shape yesterday.

Rachel:

I was, yeah. I was coughing, like, every two to three minutes. Uh, and he was like, oh, if only there were a way to clean out that system that you have. And I was scared.

Griffin:

Yeah.

Rachel:

I'm gonna be honest with y— with you, dear listener. I was scared.

Griffin:

But then?

Rachel:

But then, I did it and I had to kind of fight. I was telling Griffin, it's kind of like when you have to first learn to swallow pills. Like, your body is like, no, don't do this. Like, you put the water in your nose and your body's like, stop! Stop. Why? Why? But it really helped. I'm gonna be honest, it helped.

Griffin:

Yeah, man.

Rachel:

I feel better. I mean, I potentially would have felt better today anyway. I'm gonna put that out there, but—

Griffin:

You felt better insta— you stopped coughing as much and your voice sounded less Urkel-ish and you— I— it—

Rachel:

And I grew two inches.

Griffin:

You grew two inches, your muscles got bigger.

Rachel:

[laughs]

Griffin:

Um, no, I mean, I'm not going to over-extol its virtues. I just think it's one of those things that now that I can do it without, uh, hurting myself—

Rachel:

Yeah.

Griffin:

... or feeling bad while doing it and it's just, like, another form of care that I can do for myself like drinking Sprite when I have a st— or Gatorade when I have a stomach ache.

Rachel:

Yeah.

Griffin:

Like, I think about it the same way because it's just rinsing out something that is— that is, uh, gunked up and—

Rachel:

Yeah. That's a good comparison. Like, it's not gonna cure you but it is gonna make you feel a little better in the moment.

Griffin:

Which, like, when I'm in— when—

Rachel:

Yeah.

Griffin:

... when we're in the shit with a sinus problem—

Rachel:

Yeah.

Griffin:

... it's like, anything, any port in a storm. I apol— this segment is probably not gonna do it for a lot of people. I apologize for that but, uh—

Rachel:

Yeah, like, the neti enthusiasts are gonna just be, like, cheering—

Griffin:

Yeah.

Rachel:

... right now but— but everybody else is gonna be like, eh.

Griffin:

Ehhh.

Rachel:

[laughs]

Griffin:

Um, but you know, I'll— I'm ride or die with it so— except I'll— I clean the water so I'm— I'm just mostly ride with it.

Rachel:

[laughs]

Griffin:

Hey, can I, uh, steal you away?

Rachel:

Yes.

Griffin:

Cool.

[ad break]

Griffin: Got a couple jumble jams here, and I would love to read this first one. You know why? Because it is for Elder Plops and it is from Tony, Toni, and Toby who say, "I wanted your favorite couple to help me wish you happy birthday." Is that us?

Rachel:

[laughs] They didn't indicate they wanted another favorite couple to read this.

Griffin:

That's fair. "You're about to be 25." Oh, to be 25!

Rachel:

We were just talking the other day about how long ago 25 felt.

Griffin:

Yeah. Yeah. Uh, "And I'm so proud of the person you've become. Keep drawing, dreaming, and being yourself. Welcome to the quarter life crisis club!" Pretty cool to say I'll be 100. That's easy.

Rachel:

[laughs]

Griffin:

100 is— everybody's getting 100 these days.

Rachel:

I will say, in hindsight, 25 seems like maybe the best age.

Griffin:

It's a really fucking good age.

Rachel:

I— I appreciate that there is a quarter life crisis associated with it but looking back—

Griffin:

It wasn't even a crisis for me. It was like, oh shit's starting to kind of align a little bit.

Rachel:

Maybe I'm a grown-up.

Griffin:

Maybe I'm grown.

Rachel:

Mm-hmm.

Griffin:

But I'm still young enough, fresh enough.

Rachel:

Still tight. [laughs]

Griffin:

Still so tight that I can go out to the dancing place.

Rachel:

Yeah. I can pass for a young person.

Griffin:

Mm-hmm. What about this next one?

Rachel:

This message is for Calum. It is from Shannon. "Hi baby. I'm so glad you showed me the whole McElroy family, including the love that is Wonderful. I can't wait to marry you one day and get pee bub bubber pubby. You can do it—"

Griffin:

Good job, by the way. There is a lot of letter switching in there and you did a great job.

Rachel:

I just went for it.

Griffin:

Yeah.

Rachel:

Yeah. "You can do it, cheese baby. I love you very much and I'm so proud of you. Love, Krosey baby."

Griffin:

There's—

Rachel:

You think that was supposed to be Krosey?

Griffin:

I think it was supposed to be Krosey—

Rachel:

Yeah.

Griffin:

... and because I think this one was sent in as a type of challenge.

Rachel:

Rubber baby bubby bumper. Rubber baby butt— how? Buggy? [laughs]

Griffin:

I'm just saying, it's on some Finnegans Wake shit and—

Rachel:

Pee bub bubber pubby.

Griffin:

... and it did not break your s— obviously, your stride is thoroughly broken at this point—

Rachel:

[laughs] Yeah.

Griffin:

... but the things that you broke it on were, like, completely voluntary.

Rachel:

Uh-huh.

Griffin:

The core thesis of the message, I think you delivered exquisitely.

Rachel:

Thank you.

Griffin:

Thank you.

Rachel:

[laughs]

Tre'vell Anderson:

Hey there, beautiful people. I'm Tre'vel Anderson.

Jarrett Hill:

And I'm Jarrett Hill and we are the hosts of FANTI, the show where we have complex and complicado conversations about the gray areas in our lives, the

things that we really, really love sometimes but also have some problematic feelings about.

Tre'vell Anderson:

Yes. We get into it all. You want to know our thoughts about Nicki Minaj and all her foolishness? We got you. You want to know our thoughts about gentrification and perhaps some positive, question mark—

Jarrett Hill:

Uh-oh.

Tre'vell Anderson:

... aspects of gentrification, we get into that, too. Every single Thursday, you can check us out at MaximumFun.org. Listen, you know you want it, honey. So come on and get it.

Jarrett Hill:

[laughs]

Tre'vell Anderson:

Period.

Griffin:

What have you brought before the sharks for us to invest in and fight over in a nasty way?

Rachel:

Now, I haven't watched a lot of Shark Tank but I'll do my pitch.

Griffin:

Okay.

Rachel:

Um, have you ever noticed, uh, how when you go outside and there's white stuff on the ground, and you're like, boring!

Griffin:

Yeah. Yes.

Rachel:

Let me bring to you sharks the snowman.

Griffin:

I've heard of these.

Rachel:

He's just like us, but he's made of snow.

Griffin:

He's just a round guy—

Rachel:

Mm-hmm.

Griffin:

... with a hat—

Rachel:

Curvy.

Griffin:

... that lets him talk.

Rachel:

Curvy, one might say.

Griffin:

Curvy in all the right places—

Rachel:

Yeah.

Griffin:

... which is to say, three places. [laughs]

Rachel:

Here's the thing, apparently in other parts of the world, two spheres, not three.

Griffin:

That's the animal crossing way of doing things.

Rachel:

Yeah.

Griffin:

Which I appreciate. Who's got the time for three spheres?

Rachel:

North America is apparently the primary place for the three spheres.

Griffin:

Well, we gotta go bigger, don't we?

Rachel:

[laughs]

Griffin:

Gotta go bigger and better! I bet fucking Henry Ford was the first one who was like, let's do more spheres!

Rachel:

[laughs] Um, I love the snowman. I love— you know when you're driving around? I— okay, so here's the thing, obviously we have a— a problem with snow because of what happened to us in February of—

Griffin:

This year.

Rachel:

... 2021. But when you're able to drive around and you see a little snowman in a front yard, aren't you charmed by it?

Griffin:

It's good. Yeah. I mean, I—

Rachel:

So good.

Griffin:

I'm more charmed by imagining the, like, child-like experience of making that snowman.

Rachel:

Yeah.

Griffin:

Like, I mostly look at it and I think, aw, I bet they had a lot of fun with that. Not, like, look at that.

Rachel:

Have you ever made, like, a real good snowman that you're proud of?

Griffin:

No.

Rachel:

Me neither. [laughs]

Griffin:

[laughs]

Rachel:

There's like a certain kind of snow you need.

Griffin:

Yeah.

Rachel:

You know? And I didn't do a lot of research on this obviously, but it has to be snow that you can pack, uh, and we didn't always get that.

Griffin:

Yeah, I don't— I don't know why, right? Like, it did snow in Huntington and I, you know— there were three of us rambunctious boys.

Rachel:

Mm-hmm.

Griffin:

I— we just always wanted to go sledding at the park we lived next to.

Rachel:

Yeah.

Griffin:

And like, that's way more exciting to me than any sort of construction project.

Rachel:

Yeah. I also, like, while we're on the subject of snowman, I like Frosty, the 1969 animated Christmas special I enjoy a lot. I like The Snowman, which was the 1982—

Griffin:

Oh yeah!

Rachel:

... TV short that, like—

Griffin:

Wasn't that based on an— uh, a book?

Rachel:

Yes.

Griffin:

Okay.

Rachel:

It is just, like, so soothing and, like, beautifully animated and—

Griffin:

It's mostly, if I remember, about 40 minutes of watercolor imagery of a snowman flying around with a little boy. That's what I remember of it.

Rachel:

Yeah, more or less. There's a— there's a place where they go to meet other snowmen that I really enjoyed.

Griffin:

Yeah.

Rachel:

Just that there was, like, a hangout. You know?

Griffin:

But it's also a contemplation on snow mortality—

Rachel:

[laughs]

Griffin:

... which is challenging for a lot of kids.

Rachel:

Yeah. Yeah, I mean, that's— that's the thing about the snowman is that anytime you watch, like, Frozen or you know, a— a film or TV show with a snowman, all you're thinking about is, like, how long do I have this creature?

Griffin:

But Olaf's got— th— and this is what bugs me about Olaf.

Rachel:

Oh, here we go.

Griffin:

He's effectively immortal. He, like, can—

Rachel:

Now!

Griffin:

He can't fucking die. Even when he dies—

Rachel:

Yeah, because of Elsa's magic.

Griffin:

Right. But then, like, he does— spoilers, I guess, for Frozen 2, but like, even when it gets got, he still can come back. So it's like, you need that vulnerability to really vibe with a snowman and Olaf is, like, this immortal demigod. So it's like, how am I supposed to— how am I supposed to, like, care about him and his story if he can't die? You know what I mean? And still walks the Earth today.

Rachel:

Yeah.

Griffin:

L— p— looking for some other sort of snow enchantress to release from— from this prison.

Rachel:

I mean, there's another immortal guy that I feel like you think is pretty rad.

Griffin:

Santa Claus.

Rachel:

[laughs]

Griffin:

Um—

Rachel:

Uh, snowmen. So, the earliest known photograph of a snowman was taken in 1853 by a Welsh photographer.

Griffin:

Before then, they were much too elusive to capture on film.

Rachel:

[laughs] You couldn't— yeah. You couldn't get it to stay still long enough—

Griffin:

Mm-hmm.

Rachel:

... to really get it in one of those photos. Um, but yeah, it's— it's difficult, obviously, to be like, the first snowman—

Griffin:

This is the first time people made two spheres with snow!

Rachel:

Yeah. Um, so yeah. So basically, the only way to really track that is to, like, look in— in photographs and— and books and film.

Griffin:

There's gotta be some sort of prehistoric carving of someone putting—

Rachel:

Yeah.

Griffin:

... two balls together and cheering.

Rachel:

[laughs] Um, I did a little research on— on the big snowmen, like, the famous big ones.

Griffin:

Yeah.

Rachel:

The ones that the people are making and— and putting forward.

Griffin:

Love those guys.

Rachel:

And that is how I found Snowzilla.

Griffin:

Oh, shit.

Rachel:

Snowzilla is controversial, um, largely because it was built in front of somebody's front yard and caused a lot of traffic delays in Anchorage, Alaska. Uh, two thou—

Griffin:

He also destroyed Snowkyo.

Rachel:

[laughs] [lightly applauds]

Griffin:

You don't have— you don't have to do that. Your frown— she was frowning while she did that.

Rachel:

[laughs] Uh, so Snowzilla 2005 was 16 feet.

Griffin:

That's not that big, I feel like.

Rachel:

2007, 22 feet.

Griffin:

That is quite— that's bigger.

Rachel:

Apparently the creator of Snowzilla was— was brought to the attention of some code enforcement officers, um, because the neighbors were like, you gotta stop making this snowman because everybody's driving up ins and we can't get to our house.

Griffin:

Right.

Rachel:

Uh, and I was like, oh, that seems like not in the spirit, and then I did a little more research and this guy was pretty well known for having a lot of debris in his yard. [laughs]

Griffin:

Oh.

Rachel:

And I think this might have just been the tipping point for them of like, oh, another thing?

Griffin:

So they had to call snow Ghidorah to come and battle him.

Rachel:

Gosh. [laughs] This is really good.

Griffin:

Like, mecha Snowzilla.

Rachel:

This is really good, honey. I'm proud of you.

Griffin:

Thanks.

Rachel:

But as you mentioned, not the largest snowman. The largest snowman, uh, 2008 in Bethel, Maine. Uh, this is a snowman that was 122 feet—

Griffin:

Now we're fucking cooking!

Rachel:

... and one inch tall.

Griffin:

Was it just super skinny, though? Was it just—

Rachel:

And it was actually not a snowman. It was a snow-woman.

Griffin:

Oh.

Rachel:

It's the largest snow-person ever created.

Griffin:

Okay.

Rachel:

13 million pounds of snow.

Griffin:

That's a— that's quite— that's about— uh, I didn't think the Earth made— weighed much more than that.

Rachel:

It's only a few feet shorter than the Statue of Liberty. [laughs]

Griffin:

Wow. Why not go for it? If you've finished your giant snow-woman that you, the creator of, are definitely very attracted to—

Rachel:

[laughs]

Griffin:

... and you found out, like, oh man, seven more feet and she would have been taller than the Statue of Liberty, how would you not be like, get out the big ladder?

Rachel:

I know.

Griffin:

We're doing this shit again.

Rachel:

I know. Yeah.

Griffin:

Give her a big hat!

Rachel:

[laughs] Actually, there were— there was a hat. So here— here is how this— this snow-person was constructed. If you go to the Guinness website, you can see a little time-lapse video. There were c— like, cranes and bulldozers. It was like a whole big thing. Um, they made the eyelashes from eight pairs of skis.

Griffin:

God almighty.

Rachel:

A 48-foot-wide fleece hat, an eight-foot-long nose made from chicken wire and painted cheesecloth and lips made from five red car tires.

Griffin:

Okay. Yeah.

Rachel:

The arms were two 30-foot spruce trees.

Griffin:

This is starting to sound like a— like a— a tall tale, almost.

Rachel:

Uh-huh.

Griffin:

His arms were as big as five red tires.

Rachel:

[laughs] They also used five—foot—wide truck tires so I'm guessing, like, what is that? Like— like, a monster truck, a big construction what a— five foot seems like a big tire, uh, as the buttons.

Griffin:

Um, I don't know. I have— I have five-foot tires on my Hyundai Elantra.

Rachel:

[laughs]

Griffin:

I got seven-foot tires on my Mitsubishi Eclipse.

Rachel:

[laughs] Yeah, how many more cars can you name?

Griffin:

Oh, I got, like, nine or 10 cars.

Rachel:

Um, let me show you a picture.

Griffin:

Of the big one?

Rachel:

Yeah.

Griffin:

Does she have a name, the big woman?

Rachel:

Olympia.

Griffin:

Ooh, that's fucking awesome.

Rachel:

After Olympia Snowe who was a—

Griffin:

Whoa. Okay, interesting! So not spherical in shape—

Rachel:

No.

Griffin:

... more vol— more volcanic in nature.

Rachel:

I think if you're gonna structural on that size, you really have to make, like, a pyramid more than a— a—

Griffin:

I— can I be—

Rachel:

... figure eight.

Griffin:

Can I be honest with you? I am entranced by Olympia.

Rachel:

Oh, yeah?

Griffin:

Because of the— because of the— the geometry of her.

Rachel:

Uh-huh.

Griffin:

Like, she is one perfect sort of, uh, like, volcanic shape that just sort of smoothly arcs upward to a single head.

Rachel:

Mm-hmm.

Griffin:

It's very— it's very mathematically, uh, satisfying.

Rachel:

Uh, wait. You know, I— as I pulled up the image, uh, breaking news, um, Olympia is no longer the world's tallest snow-person—

Griffin:

Oh, no. And this happens—

Rachel:

... as of 2020.

Griffin:

Wow.

Rachel:

Almost a year. Uh, apparently—

Griffin:

Give me this news on the fly.

Rachel:

Yeah.

Griffin:

I'm so stoked.

Rachel:

Beep beep beep beep beep beep beep beep. A 125-foot structure in Austria.

Griffin:

Okay. How big was Olympia?

Rachel:

122 feet.

Griffin:

That's bullshit. If you're gonna go do it, do it big— come on!

Rachel:

Yeah.

Griffin:

Is it really that hard to add another foot on it?

Rachel:

Okay. The snowman is nicknamed Riesi which roughly translate as giant, um, and—

Griffin:

Oh, how clever.

Rachel:

[laughs]

Griffin:

I hate Riesi.

Rachel:

... was built in a ski region of Austria. Um—

Griffin:

I need pics. I need pics right now.

Rachel:

Survived winds of over 100 kilometers on Tuesday evening with only his two-meter had blowing off and needing to be rebuilt.

Griffin:

Oh, so for a minute there he lost the crown. He would have lost the title.

Rachel:

Oh, you know what it is? It's the hat! That big old hat. That's how they did it. Is that—

Griffin:

Let me see.

Rachel:

That's— that hardly seems fair.

Griffin:

That's bullshit! That hat is, like, half the guy! And he looks like shit!

Rachel:

[laughs]

Griffin:

He looks fucking terrible! He's so skinny. He has nothing on my big, beautiful snow wife, Olympia.

Rachel:

I love my big, beautiful snow wife.

Griffin:

I love my huge, comical wife, Olympia.

Rachel:

Ah.

Griffin:

I hate that! I fucking hate that thing.

Rachel:

[laughs] Yeah, that— that seems— I don't know. That seems a little unfair. But you know, that is the spirit of the human race, right? Like, I've— I've—

Griffin:

To ch— to fucking cheat? That's bullshit! You know, I bet Olympia, no parts of her ever blew off in some wind! My thick snow wife. That's— I'm genuinely ang— upset about this.

Rachel:

[laughs] This was February 2020. Like, there was a lot going on in that time.
[laughs]

Griffin:

Yeah, I guess that's why they haven't been able to— I mean, Olympia's gotta still be there, right? If you're made out of 13 million pounds of snow, you're probably pretty hard to shovel away.

Rachel:

Yeah. What do you do when that melts? That's like a avalanche, right?

Griffin:

Or a flood or something.

Rachel:

Yeah.

Griffin:

Oh man. I don't like thinking about Olympia melting or being hurt in any way.

Rachel:

[laughs]

Griffin:

Anyway, I don't want to pressure you, but how would you feel about being made out of 13 million pounds of snow?

Rachel:

Doing a little snow play?

Griffin:

A little snow. [laughs]

Rachel:

[laughs]

Griffin:

Hey. Hey, everyone. It's about to get weird in the studio so we better wrap up quick.

Rachel:

[laughs]

Griffin:

Thank you for listening. Thank you to Bowen and Augustus for the use of our theme song Money Won't Pay. Uh, it's a very, very good track that you're just gonna love the hell out of.

Two important things. One, we have a li— uh, not live, a pre-taped Candle Nights Spectacular that is going to be out this Friday at 9:00 Eastern Time. If you go to McElroy.family, you can find out everything you need to know about it. You can get tickets. Tickets are \$5, uh, or you can have an option to pay more because all ticket sales go to benefit Harmony House, uh, an amazing institution we've been working with for a long time in Huntington that goes to provide support for people experiencing homelessness. Uh, it— it's by the nature of this particular holiday season for us, we have not been able to get out the word as much about it and ticket sales are what— what we call in the industry, a little soft, which is, uh— which— which makes me quite sad. So please don't delay. Uh, go— go get your tickets. Are you looking up the exact link for it?

Rachel:

It's bit.ly/CandleNights2021.

Griffin:

Uh, if you can't make it, it would still be cool for you to get a ticket because, uh, video on demand is gonna be available through January 2nd.

Rachel:

Yes.

Griffin:

It's— it's bits from all of our shows. All of our podcasts contributed segments for—

Rachel:

It's just so—

Griffin:

... for the episode.

Rachel:

It's so charming and lovely and you know, if— if you are, for some reason, just a fan of Wonderful and not the other shows, and you're like, why would I watch this? Uh, it will make your heart grow.

Griffin:

Yes. Um, we— and we also have special guests, uh, like, uh, B. Dave Walters, Hank Green, Jean Gray, Paul and Storm, Adam Brody, who agreed to do it, for s— for reasons beyond my comprehension—

Rachel:

[laughs] Uh-huh.

Griffin:

... but it's very cool. Uh, so again, bit.ly/CandleNights2021. Tell a friend. We would love to be able to raise more money for Harmony House and there's only a couple more days to do so. So, thank you.

Uh, I know I said we had two things. We actually have three because I forgot that we are also, Wonderful is doing a virtual live stream on January 7th at 9:30 PM Eastern Time. And ticket sales for that, again it's gonna be \$5 with an option to give more, will go to benefit Austin Bat Cave which is a really rad nonprofit here in Austin that offers writing programs for young authors age six to 18. Rachel's been working with them for a long time. Uh, I've done a couple D&D camps with them.

Rachel:

Yeah.

Griffin:

They're a really, really, really amazing organization and, uh, we would love to be able to support them in a big way. So tickets for that are bit.ly/WonderfulABC2021.

Uh, the other thing is that all of our shows on the network are taking a break the week after Christmas, the last week of the year, December 27th through the 31st. So, uh, we're all gonna be taking a— a— a week off and all the people that, you know, work with us to make the shows great and keep

the— keep the— the business afloat are gonna be taking a week off too so, uh, enjoy— enjoy the remainder of 2021, a pretty fantastic year, I think we can all agree.

Rachel:

[laughs]

Griffin:

Uh, and we'll be back to talk to you when 2022 starts. Uh, oh also, we have merch at McElroyMerch.com and you should go check all that— all that jazz out. That's it. Yeah.

Rachel:

Yeah.

Griffin:

I hope we feel better next week.

Rachel:

I think I will. Uh, you know, I— I did the neti pot.

Griffin:

That's all you can do.

Rachel:

I've been drinking the lemon water.

Griffin:

Yeah. You've been, um—

Rachel:

S— sleeping at a 90-degree angle.

Griffin:

You've been having me sort of squish— squish you. Let's just say that, like, it gets the toxins out. Like, squ— like, sit on— like, sit on you and squish you pretty hard.

Rachel:

Mm-hmm.

Griffin:

And I'm like, I don't see any of the toxins come out. But you're like, they're invisible!

Rachel:

Yeah, you know those, like, Play Doh hair—

Griffin:

Yes.

Rachel:

It— that's how the toxin comes— comes out, like that.

Griffin:

Ugh, God. You just reminded me of a Junji Ito horror story that I don't want to— that I don't want to think about being you, and it— I just want to keep imagining you as a beautiful 130-foot-tall snow—

Rachel:

[laughs]

Griffin:

... snow princess that could destroy my whole house and— it— Olympia's so much bigger than our house!

Rachel:

Uh-huh.

Griffin:

By a factor of, like, six.

Rachel:

Mm-hmm.

Griffin:

She's so big.

Rachel:

Mm-hmm.

Griffin:

Can you show me a picture again?

Rachel:

[laughs] We should probably go first.

Griffin:

Don't show me a picture of that fucking slender fucking 30-foot-hatted idiot snowman!

Rachel:

[laughs]

Griffin:

I'm gonna take a blowtorch to that guy. I'm gonna fly to Austria and annihilate that snowman and send his ashes—

Rachel:

[laughs]

Griffin:

... to my— I have to stop.

[theme music plays]

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