

Wonderful! 216: Your Yuck Language

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[theme song plays]

Rachel:

Hi, this is Rachel McElroy.

Griffin:

Hello, this is Griffin McElroy.

Rachel:

And this is Wonderful.

Griffin:

Welcome to our program.

Rachel:

Yeah.

Griffin:

Thanks for dialing in. Thanks for tuning in to it— to— for dialing in.

Rachel:

Put on your seatbelt and—

Griffin:

Put on that seatbelt. Don't touch that dial. It does have jam on it, and we're here to hit you with all the classic R&B hits from the 1990s, because this is the Super Bowl Halftime show.

Rachel:

[laughs]

Griffin:

Um, this is the Wonderful show. We talk about things we like, things that are good, things that we are into, things that will nourish you...

Rachel:

Ooh.

Griffin:

... your soul. What if we got, like, really sort of spiritual this episode and we talked a lot about soul nourishment?

Rachel:

That would sound very natural for us.

Griffin:

That would— I bet I could pull that off.

Rachel:

You think?

Griffin:

Yes. Do you think you could?

Rachel:

No.

Griffin:

Give me a piece of that. Describe, like, a, I don't know, when you, uh, maybe you take, like, um, a hot spring bath with a sort of, like, you know... There's special oils that you're anointed with—

Rachel:

You all—

Griffin:

... and then you talk about what that does to sort of your...

Rachel:

Oh, okay.

Griffin:

... your inner self.

Rachel:

I thought you wanted me to describe taking a bath.

Griffin:

I want you to—

Rachel:

I thought that was a little intimate.

Griffin:

... goop it— No. Just, like, goop it up, like goop...

Rachel:

Mkay.

Griffin:

... goop me.

Rachel:

Uh, [laughing] okay—

Griffin:

Goop me, daddy.

Rachel:

[laughs] Uh, the best thing about this, uh, experience is that you will, uh, I mean, of course, wash away the toxins.

Griffin:

Yes.

Rachel:

Uh...

Griffin:

Hate those things.

Rachel:

Just— It enlivens your circulation, um, and...

Griffin:

This feels very physiological. I want something a little bit more...

Rachel:

Oh, oh, oh, and, uh...

Griffin:

... in the ether. You know?

Rachel:

... and remember your spirit.

Griffin:

Yeah, you— I don't think you can hang...

Rachel:

No, I can't.

Griffin:

... with me and Gwenny. Um, do you have any small wonders though?

Rachel:

Oh, I'm gonna say the little outlet covers.

Griffin:

Yes.

Rachel:

You know? Like, I don't know who thought of that, but...

Griffin:

Crushed it.

Rachel:

... somebody was, like, "Hey, these kids keep getting electrocuted. If only there was something we can put on it."

Griffin:

A better way.

Rachel:

Yeah.

Griffin:

Yeah.

Rachel:

And then, they put the little plastic guys in there, and it's, like, haha, baby, you can't get in there.

Griffin:

I will say when one of those comes out of the outlet and it's just sitting on the floor, it is, essentially, like, a ninja caltrop...

Rachel:

[laughs]

Griffin:

... that is—

Rachel:

It's also kind of a choking hazard in itself.

Griffin:

Yeah. So, hmm, doubled edged sword, I would say, outlet covers.

Rachel:

I don't know. Some of them are harder to remove than others though.

Griffin:

That is also a lot, yeah.

Rachel:

So, if you're willing to upgrade, I think you can get a real good product.

Griffin:

A real— One with some thick prongs.

Rachel:

Yeah, exactly.

Griffin:

Gotta have thick prongs.

Rachel:

Speaking of thick prongs...

Griffin:

Uh, I'm gonna say...

Rachel:

[laughs]

Griffin:

... Love Is Blind is back.

Rachel:

Yeah.

Griffin:

And...

Rachel:

That was our Valentine's evening celebraysh was watching Love Is Blind.

Griffin:

Uh, this is dating reality show, which, as you know, Rachel and I are, at this point, I would say, sort of, the scholars of...

Rachel:

We can't get enough and I honestly can't explain it other than to say that it always makes me and Griffin turn to each other and be so grateful for our love...

Griffin:

Yeah.

Rachel:

... and our time together.

Griffin:

Love Is Blind hits so right because this is a show where I think it's, like, 10 men and 10 women, and at the beginning of the show, they get in sort of, uh, these connected pods with these thick layers of frosted glass between them so you can't see the other person. You just talk to them.

Rachel:

They're like little rooms. There's like a couch and...

Griffin:

Right.

Rachel:

... like a plant.

Griffin:

Yeah, I say pod. That makes it sound like they climbed in some sort of bacta tank that...

Rachel:

It looks comfy.

Griffin:

Uh, no, yeah. It's just—

Rachel:

And they're able to, like, bring a, like, a glass of wine in from, like, a shared...

Griffin:

A golden chalice.

Rachel:

... common area...

Griffin:

Yes.

Rachel:

... and so, it just, it seems very, like, fun and flirty.

Griffin:

So, all you do is you talk. Right? And you don't see the other person. It is the dating equivalent of *The Voice*, and you— I feel like more than any other reality show, like, you see people getting excited about making romantic connections.

Rachel:

Yeah.

Griffin:

... in a way that feels like, for a Netflix dating reality show, it's never going to be the classiest affair, but this is a show that I feel like when you see people, like, get excited about having a connection with the person on the other side of the glass, like, it feels very real.

Rachel:

Yeah.

Griffin:

And that is enough to sort of melt my little icy, cold heart.

Rachel:

[laughs]

Griffin:

I would not describe my heart as that...

Rachel:

No, not at all.

Griffin:

... in any way, but, yeah, it's good. And, psh, hit at the same time, you get the U.S. version and a Love Is Blind Japan, which...

Rachel:

Yeah, we haven't—

Griffin:

... we've not dipped into.

Rachel:

We haven't watched that.

Griffin:

But, I would love to watch that. I've been learning Japanese for, like, the third time, uh, and it's been going very well this time, and, like, the first

thing you learn, and I'm sure this is true of most languages, is, like, greetings and introducing yourself.

And so, I watched the first episode of Terrace House: Boys & Girls in the City, the, um, the first Tokyo edition, and was able to kind of follow along, 'cause that's all it is, is, like, "Hello. I'm 19 years old."

Rachel:

[laughs]

Griffin:

"I am a university student." I was, like, yeah baby. So, I wonder if I could do that as well with that. Who goes first this week?

Rachel:

Me.

Griffin:

You.

Rachel:

Yeah.

Griffin:

[Soulja Boy voice] You!

Rachel:

[laughs] That was really good.

Griffin:

Thanks. What do you got?

Rachel:

Uh, so, again, this is kind of a tangent off of things we have already discussed, but I am going to say...

Griffin:

A different kind of balloon.

Rachel:

No. [laughs]

Griffin:

Okay.

Rachel:

Although, man, our kids have been playing with balloons lately...

Griffin:

They're great.

Rachel:

... and it's just a reminder...

Griffin:

So good.

Rachel:

... like, best toy...

Griffin:

Best toy ever.

Rachel:

Um, no. My wonderful thing is the noble hairstylist.

Griffin:

Yes.

Rachel:

So, you have talked about getting a haircut.

Griffin:

Yes.

Rachel:

Um...

Griffin:

And I will not say the name of my hairstylist because I— She gets booked up very quickly. [laughing] So, sorry.

Rachel:

Um, but I wanted to talk specifically about the person doing the haircutting.

Griffin:

Yeah.

Rachel:

Uh, because it is, uh, an essential service...

Griffin:

Yeah.

Rachel:

... I would say, in some ways, and, uh, one that has evolved over time.

Griffin:

Yeah.

Rachel:

Um...

Griffin:

It's very interesting. It's a very fascinating thing for me. I remember I had a hairstylist a while, like the first one I had when I moved to Austin, that just every time she cut my hair, I just picked her brain about— 'cause she was, like, trying to get some sort of, like, new license or something. I was like, "What goes— How do you learn to cut hair?" That's fucking wild to me.

Rachel:

Yeah.

Griffin:

'Cause it's...

Rachel:

Well, I can talk— I can talk a little...

Griffin:

Yeah, please, please, sorry.

Rachel:

... bit about that later in the episode. Um, I will say, this has come to me because when I moved to Austin, I got a recommendation for a hairstylist who then moved, but gave me a recommendation for somebody else, and I was with that person through, uh, meeting Griffin, through our marriage, through having Henry, and then she moved...

Griffin:

Right.

Rachel:

... and gave me kind of a general "anybody here is good," and I have yet to find somebody to replace her.

Griffin:

Yeah.

Rachel:

I'm trying somebody out on Friday.

Griffin:

I'm very excited for you.

Rachel:

I'm optimistic.

Griffin:

Yeah.

Rachel:

Um, but, yeah, this is a person who really learns your hair, and if you've got, kind of, unusual hair, which I don't know what makes hair unusual, but I feel like I have unusual hair, and you want somebody to really learn the shape and the...

Griffin:

Mm-hmm.

Rachel:

... and the motion, and the patterns, and it becomes a really valuable thing.

Griffin:

Yeah. So, I would love— I've never had it, but I bet it would be dope to have someone touch my head all over and be, like, ooh—

Rachel:

Oh, see, I don't like that so much.

Griffin:

Yeah. You don't like—

Rachel:

[laughs] There's a lot of touching I don't like.

Griffin:

Physical touch is your hate language.

Rachel:

If there was an opposite end of the spectrum.

Griffin:

Right. Yes.

Rachel:

My love language is, I think, words of, uh...

Griffin:

Affirmation?

Rachel:

... affirmation.

Griffin:

Yeah.

Rachel:

And my hate language is touch.

Griffin:

Well, it could just be whatever your— Whatever ranks last in your love languages is just, like, ick, your yuck language.

Rachel:

[laughs] Uh, so, hair salons, I mean, if you think about it, this was something that was really only accessible to the very wealthy.

Griffin:

Yeah.

Rachel:

Like, they would have people come to their house and it would be a variety of people and it would take hours and these very, like, elaborate, like, huge hairstyles. It wasn't really until, um, the late 1800s that it started to become kind of accessible to other people...

Griffin:

Hmm.

Rachel:

... particularly in this country. There was a kind of self-made entrepreneur named Martha Matilda Harper who opened the first public salon, and then opened, like, a method shop that started kind of teaching other people how to do it, because before that, it was like they had to come to your house.

Griffin:

Yeah.

Rachel:

This was kind of the first time it was, like, hey, here's a spot where you can go.

Griffin:

And getting a haircut is, like, one of the four reasons I have to leave our house.

Rachel:

[laughs]

Griffin:

So, it'd be tragic...

Rachel:

That's true.

Griffin:

... if I didn't have access to that.

Rachel:

Um, another example is Sarah Breedlove Walker, who was born in 1867 to recently-freed slaves. Uh, she worked for years as a washer woman in St. Louis, and then, at the 1904 World's Fair, which, as you know, was in St. Louis...

Griffin:

Right, of course.

Rachel:

... uh, she met Annie Malone, who sold her own shampoos and hair irons, and they kind of worked together to build their businesses, and became one of the largest employers of Black women in the United States.

Griffin:

That kicks ass. So, they had, like, a whole, sort of, hair operation out of St. Louis?

Rachel:

They split off.

Griffin:

Okay.

Rachel:

So, at some point, uh, Sarah Walker split off and began selling her own hair products, um, but they kind of helped each other out to get started. You know?

Griffin:

That's awesome. That's incredible.

Rachel:

Um, and Walker reached, uh, \$250,000 in sales, which is the equivalent of more than \$6 million by today's standards.

Griffin:

Fuck yes.

Rachel:

Uh, so, hair salons became really kind of necessary, uh, if people wanted to keep up with trends, at the beginning of World War I, which is when the bob came about.

Griffin:

Yeah.

Rachel:

Like, you can't really do that yourself. I mean, you could, I guess, but it'd be challenging.

Griffin:

It would be rough.

Rachel:

For anybody that's tried to cut their own hair, which is definitely me, um, the back of the hair— [laughs]

Griffin:

You can't see it so good.

Rachel:

No. No, you can kinda hold it up above your head in front of the mirror, but you don't really know what's going on.

Griffin:

Its' good fun for everyone else though.

Rachel:

[laughs]

Griffin:

I will never forget, I won't name names, but a friend of ours cut his own hair, and just, like, the back looked...

Rachel:

[laughs]

Griffin:

... so—

Rachel:

It was so funny.

Griffin:

... so wild.

Rachel:

It was so funny, 'cause we all saw the front and we thought, like, "Oh, hey, good work."

Griffin:

This is—

Rachel:

This was in the Zoom era, you know, where, like, nobody was really getting a haircut super easily, and then, he turned around and we...[laughs]

Griffin:

And the back of his head just looked like a bar graph.

Rachel:

We all just started laughing so hard.

Griffin:

It was so fun.

Rachel:

[laughs]

Griffin:

So fun.

Rachel:

Um, also, World War II, women started entering the workforce. So, there was this idea of, like, I gotta look chic, you know?

Griffin:

Yeah, sure.

Rachel:

Professional. Uh, and then, in the 50s and 60s, that's when hair coloring kind of took off. And so, you'd— I mean, you would, basically, there was a situation created where you had to go to somebody who had the skills...

Griffin:

Yeah.

Rachel:

... you know, if you really wanted to look, like, on trend.

Griffin:

And then there's Rachel from Friends. That was a big one.

Rachel:

Yeah, and—

Griffin:

That was a big moment.

Rachel:

And then, the Rachel. Of course. Of course. Uh, also...

Griffin:

I'm sure you have a note about that in there already.

Rachel:

[laughs] No, I don't.

Griffin:

Just says Rachel from Friends did [crosstalk] some stuff.

Rachel:

I don't. I don't, but I do have a note about the perm, which is another thing. Like, these are, like, really, like, kind of dangerous chemicals, like, you got to go to somebody who knows how to operate them.

Griffin:

I don't know what a perm is. I know it means permanent. It stands for permanent, yes?

Rachel:

Mm-hmm.

Griffin:

And it's, like, a— It's supposed to be, like, a permanent curl?

Rachel:

I mean, there's different styles, but kind of the traditional thing is that you put your hair in the curlers, you put these chemicals on it, and then, your hair just kind of holds that shape for a temporary but somewhat long period of time.

Griffin:

You shouldn't call it a perm then.

Rachel:

[laughs] Well, it's more permanent than a lot of things.

Griffin:

I think— I guess that's true. Nothing gold can stay, Ponyboy.

Rachel:

[laughs] Uh, so I wanted to talk about the state license, particularly in Texas.

Griffin:

Yes.

Rachel:

So, this varies state to state. In Texas, uh, you have to complete 900 hours, uh, at a, you know, a school, like an Aveda Institute, you know, like a place where they train you, and then, um, when you reach that 900 hours, uh, you can take the written licensing exam, and then there's also a practical exam, where you actually have to, like, do stuff.

Griffin:

Yeah.

Rachel:

Uh, so, I wanted to talk a little bit about the stuff you have to do.

Griffin:

Okay.

Rachel:

Uh, for anybody who thinks, like, oh, I can just walk in. I could just walk in and nail this. Like, I know I—

Griffin:

I think anybody who would think that is, uh, is filled with a true— a pretty horrific amount of hubris.

Rachel:

So, you have to know the nails. This is, like, an operator license.

Griffin:

Okay.

Rachel:

So, this is, like, covers a variety of things.

Griffin:

Okay.

Rachel:

Um, you have to know safety criteria. Uh, you have to be prepared for a blood exposure incident...

Griffin:

Yo.

Rachel:

... which makes sense...

Griffin:

Sure.

Rachel:

... like, if you're doing some cutting and things get weird. [laughs] Uh, an eyelash strip applications. So, if somebody wants, like, the eyelashes. You know?

Griffin:

This can't be a thing though where it's, like, "I just cut hair. Like, I don't do the eyelash."

Rachel:

This— I'm just looking at the operator license...

Griffin:

Okay. I see.

Rachel:

... which kind of covers, like, a variety of things. You can get real specific, like, a manicurist or whatever...

Griffin:

Right.

Rachel:

... but this is, like, this is the license that'll take you all over the city.

Griffin:

Sure.

Rachel:

Uh, the facial. All of this has, like, safety criteria with it too, like, do you dispose of the material appropriately? Do you keep your kit sanitary? Do you avoid cross contamination? Like, every single one of these, you also have to do that. Uh...

Griffin:

Is Barbazol potable?

Rachel:

[laughs]

Griffin:

No. Don't even joke about that.

Rachel:

No, stop it. Stop it. Don't do that.

Griffin:

It will get you faded as hell.

Rachel:

[laughs]

Griffin:

No, don't drink— Don't do the Barbazol like that.

Rachel:

Uh, okay. So, and then, let me give you an— So, there is a waxing service, uh, and each of these is timed. So, with the waxing service, you have 14 minutes to complete.

Griffin:

Whoa.

Rachel:

Uh, you will be informed when you have seven minutes remaining.

Griffin:

Wait. I don't want there to be— I don't want someone to ever race...

Rachel:

[laughs]

Griffin:

... through my waxing.

Rachel:

So, I have gone to the Aveda Institute, um, back in my earlier days, uh, because it is a more affordable option, if you want a service.

Griffin:

Oh. I thought you meant to train.

Rachel:

No.

Griffin:

Okay.

Rachel:

No, and so, students will perform services on you and they will take a long time.

Griffin:

Okay.

Rachel:

Like, it will usually be a good quality service because they have a professional supervise them, but they will really take their time.

Griffin:

So, that's how they get the practice...

Rachel:

Yeah.

Griffin:

... is that, like, budget cut.

Rachel:

Uh-huh.

Griffin:

Okay.

Rachel:

Uh-huh.

Griffin:

I thought they did, like, corpse haircuts or something.

Rachel:

[laughs] No. There's also, like, a head. You can buy, like, a head that will—
Like a, like a mannequin head.

Griffin:

Oh, okay.

Rachel:

[laughs]

Griffin:

I'm just saying that hair keeps growing. You know?

Rachel:

Okay. So, this is the haircut. The haircut, you have 42 minutes, and you have to prepare the mannequin for service, perform a scalp analysis, use a razor, uh, with a guard during the haircut, uh, use the shears, uh, blend the haircut, and, uh, remove hair off the workstation all in 42 minutes, and also do the safety criteria.

Griffin:

Wow.

Rachel:

Uh, you have to do a perm, uh, blow drying, um, foil highlights, uh, a relaxer, uh, and then at the end of the examination, you have to do a disinfection. Uh, so, that's like— That's a... that's a lot of stuff.

Griffin:

Yeah, that's, uh, that's quite a bit.

Rachel:

That's like— That's like a whole day...

Griffin:

Mm-hmm.

Rachel:

... of stuff that you have to do. You also, like, there's all these rules around what can be labeled and what can't when you show up. It's a big deal. Uh, and so, yeah. I just, I think this is a profession that is growing constantly.

Um, it's like one of those jobs that is projected to grow. I think the majority of people do it part time, from what I saw, um, just because it's a, I mean, it's an exhausting profession, for one. Also, if you're in it for yourself, uh, which a lot of people are, so they don't have to pay, you know, salon rental fees of, like, their little booth space.

You know, it- it allows you the flexibility to do something else. Um, so it's, I mean, it's a challenging profession.

Griffin:

Absolutely.

Rachel:

Uh, and it requires a lot of hustle and a lot of experience, and, uh, I'm hopeful that I can find my perfect match...

Griffin:

You'll get there. You'll get there.

Rachel:

... soon.

Griffin:

Let's make a reality show out of it. We'll call it Rachel's Special Hair.

Rachel:

Call it Hair is Blind.

Griffin:

Ooh, that's fun.

Rachel:

You stick your head through a wall...

Griffin:

What?

Rachel:

... and the person cuts it, and then you pull your hair back, and you say, um...

Griffin:

Like a, like a barber shop glory hole?

Rachel:

[laughs]

Griffin:

Jesus.

Rachel:

Maybe that's a better name for the show.

Griffin:

Barber Shop Glory Hole?

Rachel:

[laughs]

Griffin:

Yeah, that should— That one would definitely pass, sort of, FCC standards. Or is it F— which one does— cares about when you name a show Barber Shop Glory Hole?

Rachel:

[laughs]

Griffin:

I don't know. Hey, can I steal you away?

Rachel:

Yes.

[ad break]

Griffin:

Got a couple of brom-boom-bams here and this first fucking one is for Messica.

Rachel:

[laughs] Okay.

Griffin:

And it's from Dr. Amanda, who says, "To my dearest hermana Messica, thank you for introducing me to the McElroys and a bunch of other things in life. I am so proud of you for moving to Chicago and gaining independence. You'll be great at whatever it is that you do, doula-ing or project managing babies. Happy belated birthday or something. Your favoritest and coolest sibling, Dr. Amanda."

We are about two months late on this particular well wish, but, uh...

Rachel:

I would love somebody to project manage our baby.

Griffin:

Oh, boy, that would be so nice. Doula-ing is kinda like project managing the baby in the sort of pre-pro phase.

Rachel:

Yeah. Exactly. Setting the baby up for success.

Griffin:

Setting the baby up for success when you're scrumming that little guy. You know?

Rachel:

Ew.

Griffin:

What's yours? It's a project management thing.

Rachel:

Yeah—

Griffin:

You don't get it.

Rachel:

... I know, but, uh. It seems like a graphic term. [laughs]

Griffin:

Scrumming?

Rachel:

Yeah.

Griffin:

I always— It just makes me think of, like, um, uh, like, how they talk about food on Great British Bake Off.

Rachel:

[laughs] Something is scrummy?

Griffin:

Yeah.

Rachel:

Mm-hmm.

Griffin:

That makes me uncomfortable, actually. What do you got?

Rachel:

This next message is for Adam Sewchuck, and it is from Melissa Walshick. "Happy 10 year anniversary, Adam. I'm so lucky to have you in my life, and I can't wait to get married. I love you." Do you think Adam knew they were gonna get married before this message was sent?

Griffin:

Whoa. Whoa.

Rachel:

[laughs]

Griffin:

That would be such a power play. That would be an outrageous power play. We've— We've had proposals on— I don't know if we've had one on this show before. Probably.

Rachel:

We have. Yeah.

Griffin:

But we've never had one that's just sort of, like, a declarative proposal.

Rachel:

And I can't wait for that new car you're giving me for Valentine's Day.

Griffin:

Aww, boy.

Rachel:

[laughs]

Griffin:

I'm sorry I didn't get you a new car for Valentine's Day, hun.

Rachel:

That's okay.

Griffin:

Or did I?

Rachel:

Ooh.

Griffin:

Look outside.

Rachel:

Honk, honk!

Griffin:

It's a Bugatti.

Rachel:

[laughs]

[MaxFun ad]

Biz:

Hi, I'm Biz.

Theresa:

And I'm Theresa.

Biz:

And we're the hosts of One Bad Mother, a podcast about parenting. Parenting is hard, and we have no advice, but we do see you doing it. Honk if you like to do it. [laughing] Didn't we have a bumper sticker a while back that was—

Theresa:

Yeah.

Biz:

... like, honk if you did it? That's what it was.

Theresa:

I think it was honk if you're doing it. [laughing]

Biz:

Why did we not ever make this? Those would have been, like...

Theresa:

We did make them!

Biz:

Really?

Theresa:

I think they are still in the Max Fun store.

Biz:

[laughs] Honk, honk. You're doing it!

Theresa:

[laughing] Thanks, Biz. So are you. Each week, we'll be here to remind you that you're doing a good job.

Biz:

You can find us on MaximumFun.org. Honk, honk.

Theresa:

Toot, toot!

[Max Fun ad]

Speaker 1:

I listen to Bullseye because Jesse always has really good questions.

Jesse:

What did John Malkovich wear when he was 20?

Speaker 2:

Tuh. I don't know how to describe it.

Speaker 3:

There's always that moment where Jesse asks a question that the person he's interviewing has not thought of before.

Speaker 4:

I don't think anyone's ever said that to me or acknowledged that to me, and that is so real.

Speaker 5:

Bullseye. Interviews with creators you love and creators you need to know, from MaximumFun.org and NPR.

[Max Fun ad ends]

Griffin:

Can I do mine?

Rachel:

Yes.

Griffin:

Sports food. Food for sports. The food you eat when sports are happening somewhere.

Rachel:

[laughs]

Griffin:

Sports food. The food at the sports. Pour some chili cheese and go and doing a touchdown. Sports food.

Rachel:

Sports food. I like this.

Griffin:

It is— I adore the fact that we have this whole subcategory of food that is largely what we eat when sports are happening, either in front of us or through some sort of remote broadcast.

Rachel:

Yeah. I was watching the game with Griffin, and after the Halftime show, Griffin was like, "Do you want to continue watching?" And I think I did, partially because I wanted to keep eating chips.

Griffin:

Yeah. And it's not even— I don't even want to get into, like, is it acceptable or not to eat these foods, 'cause that goes down some alleys that I am not, you know, interested in exploring, but I will say there are lots of foods that I do not sort of reach for or think about eating unless it's sports time, and there's— And that mental connection to me, is undeniable, and yet, if I tried to poke a hole in it, it would instantly rupture and...

Rachel:

Yeah, Griffin and I enjoy a wing, I would say Griffin more than me, but we will never eat them unless sports is involved.

Griffin:

But, like, why though? This is...

Rachel:

[laughs]

Griffin:

... this is why I wanted to talk about this, is, like, there have been lots of studies about, like, um, idle television watching, uh, or, like, getting, like, particularly invested in some television show, which happens, of course, during sports, when you're, like, invested in the team, and sort of, just idle snacking.

Right? Like, you just do one sort of mindlessly while doing the other. Um, and there's also been studies about, like, when watching sports, if your team is losing, how that affects, like, your...

Rachel:

Oh.

Griffin:

... rate of consumption. Right? But what I can't find anything on is why we eat fucking buffalo wings and nachos and hot dogs when it's sports time.

Rachel:

[laughs] I mean, there's a lot of reasons that I can think of, just off the top.

Griffin:

Like what? Let's hear them.

Rachel:

Well, sports food is usually food that, like, you don't need, like, a plate and a knife and a fork to eat.

Griffin:

Okay, okay. Interesting.

Rachel:

Uh, it's also not— It's not food that you can eat in large quantities, uh, typically, because, uh, it...

Griffin:

It makes your body feel bad.

Rachel:

... makes you feel bad. [laughs]

Griffin:

It's feel bad food. Yeah.

Rachel:

Um-

Griffin:

Not in any kind of, like, weird guilt way, but in—

Rachel:

No.

Griffin:

... like, if I eat nachos and buffalo wings, that's gonna be the rest of, like, for 72 hours...

Rachel:

Yeah, if I had a...

Griffin:

... that's my thing.

Rachel:

... a dinner plate full of wings, uh, I think it would hurt my body.

Griffin:

Made some dope wings for this year's big game, by the way, with some, uh, what was it, like, cashew-based buffalo sauce.

Rachel:

A cashew and avocado oil. We got it at, uh, Costco.

Griffin:

Yes.

Rachel:

Uh...

Griffin:

It was very good.

Rachel:

And, yeah, I'm always looking out for the newest, hottest dairy-free product.

Griffin:

Yeah.

Rachel:

Uh, and I liked this one.

Griffin:

Yeah. God, I love buffalo wings so much. Um, it's just, like, if you can melt cheese over it, right?

Rachel:

[laughs]

Griffin:

Nachos, fries, uh, potato skins. I started to, like, write this stuff out, and I realized that I am basically describing the appetizer section of the Applebee's menu...

Rachel:

Yes.

Griffin:

... which is, like, I get— Applebee's, I don't think of as, like, a sports bar.

Rachel:

I mean, they always have the sports televisions.

Griffin:

I guess most places like that do usually have...

Rachel:

They have the TV up with the big game.

Griffin:

... uh, sports on. I feel like this is the 15th time we've talked about this on the show, but were you a— Did you frequent BW3s? Or Buffalo Wild Wings & Weck?

Rachel:

There was not one that I knew of...

Griffin:

Okay.

Rachel:

... in my neighborhood, growing up.

Griffin:

Okay.

Rachel:

It wasn't until my— I hit my college town that I became aware and the very first time I went, they were doing some kind of karaoke night, and I was, like, I'm never coming here again.

Griffin:

That's wild. I don't want that at my BW3. I went there all the time. It was actually tough to get into our BW3s, 'cause, like, we were always, like, Huntington always had some sort of sports interest happening, especially if there was a Marshall game on.

Rachel:

Well, yeah. From what Justin has mentioned, like, a new restaurants are, like, a huge hit in Huntington. Like...

Griffin:

Well, that conversation's different from when I was in college and, you know, there were, like, three buildings that restaurants would just cycle in and out of, as opposed to today, when there's, like, lots of great restaurants...

Rachel:

Yeah.

Griffin:

... and new ones open up, you know, pretty frequently. Um, but it's just, like, there's foods that fall well outside of the traditional food pyramid. Like, I don't usually eat jalapeno poppers for nourishment.

Rachel:

[laughs] Yeah. Yeah.

Griffin:

Like, I don't usually make a meal of it, and then...

Rachel:

I mean, one might say movie snacks kind of fall in that same category.

Griffin:

Yeah, I don't usually eat Goobers...

Rachel:

[laughs]

Griffin:

That's not— I mean, I don't really eat Goobers so much anymore, anyways.

Rachel:

Also, a waffle fry. A waffle fry is something that you typically, like, find in, like, a sports setting, but maybe not, like, if you went to just a regular sit-down restaurant.

Griffin:

Yeah. I mean, Chick-fil-A does waffle fries, right, but I haven't— That—

Rachel:

Yeah, it's been a while. [laughs]

Griffin:

... that forbidden nectar has crossed twixt my lips in, uh, over a decade, I would say. Um, I Googled Super Bowl recipes, and I just wanna read off some very real recipes I found on, uh, Delish, the website.

Rachel:

Okay.

Griffin:

Uh, mac and cheese pizza bites. You— I want you to tell me which one of these has the best ding when I get to the end of the list. Okay? Mac and cheese pizza bites.

Rachel:

I'm having trouble, like, like, figuring out what the structural, like, integrity of that would be. [laughs]

Griffin:

Okay. Well, then, tell me how this hits you. Pepperoni football.

Rachel:

[laughs]

Griffin:

Pepperoni football.

Rachel:

That's a really good one.

Griffin:

Here's a really good one. Trash can nachos, like, of course...

Rachel:

Yeah.

Griffin:

... we've all eaten those.

Rachel:

[laughs]

Griffin:

Uh, big mac potato skins. Yeah.

Rachel:

Okay.

Griffin:

I can figure that out.

Rachel:

I can— Yeah, I can picture that.

Griffin:

I can see that one. Salsa verde football bomb.

Rachel:

Ooh.

Griffin:

What's wrong?

Rachel:

I always think it's strange when people feel comfortable putting the word bomb in a food item. [laughs]

Griffin:

Yeah. Uh, cheesy sausage bombs is another one. That played—

Rachel:

There's a suggestion that it will go down your throat so fast, [laughs] that it will explode in your stomach.

Griffin:

Interesting. That's not how it hits me. I think of it more as, like, a goosh situation—

Rachel:

Uh.

Griffin:

Like, it's just gonna, like, fall apart as soon as you—

Rachel:

Nah, I think it, like, at the trajectory, like, the speed at which it travels.

Griffin:

That's interesting. Chili cheese dog cups. Those four words—

Rachel:

I think with your emphasis on that phrase [laughs] was questionable.

Griffin:

You say it then.

Rachel:

Chili 'cheese' dog cups.

Griffin:

Chili 'cheese' dog cups.

Rachel:

You said— You put—

Griffin:

Not chili cheese 'dog' cups.

Rachel:

[laughing] Yeah, that's what I'm saying.

Griffin:

You're right. What's a dog cup? This is a tiny cup for dogs and we fill it with chili cheese.

Rachel:

[laughs]

Griffin:

And then, finally, beef totchos. Those are nachos but with, uh, tater tots.

Rachel:

Oh, okay.

Griffin:

And beef, and I guess, cheese up on there too.

Rachel:

I think pepperoni footballs my favorite.

Griffin:

Pepperoni football is so simple. That was, like, sort of a cheese ball that was covered in pepperonis...

Rachel:

Oh.

Griffin:

... uh, but it was in the shape of a football.

Rachel:

It's also the sequel to Licorice Pizza.

Griffin:

[laughing] That was really good. Uh, once you also get into the world of, like, stadium foods, you just move so far away from the light of God.

[laughing] It's just, you can't even see it anymore. Um...

Rachel:

I have really, actually— So, uh, our dear friend our lifesaver, Amanda, friend of the show, important to the McElroy empire...

Griffin:

Right.

Rachel:

... uh, put up a photo of these, like, pretzel rolls that she made...

Griffin:

Yeah.

Rachel:

... for her celebration...

Griffin:

Yeah.

Rachel:

... and all I've wanted since is a soft pretzels.

Griffin:

Pretzel. Yeah. Well, what was—

Rachel:

And that's, like, that's a sports food.

Griffin:

Yeah. We could probably find some for you. It's, like—

Rachel:

I mean, yeah. There are establishments here in which you can buy one. Uh, but, uh, but the sports and the pretzel—

Griffin:

That's a great combination.

Rachel:

Undeniable.

Griffin:

I forget the venue, but there's one place, uh, that I found, one, uh, stadium that does a three-pound pretzel. That's like one of their, like, stunt sport foods.

Rachel:

Normally, when you talk about an extreme food, I have a look of disgust on my face, but when you said that, my eyes got so big and happy.

Griffin:

Yeah. Uh, what about at the, uh, at City Field, where the Mets play, they got the Pastrachos, and they're just having— I feel like you can 'achos to the end of a lot of stuff...

Rachel:

Oh.

Griffin:

... and have it try to, like, pass muster.

Rachel:

Is it, like, nachos with meat on it?

Griffin:

Uh, it's nachos with pastrami on it.

Rachel:

Okay. That's what I'm picturing.

Griffin:

Pastrachos. Uh, there's the beast at the, uh, Milwaukee Brewers Miller Park, which is a ballpark frank shoved into a bratwurst, wrapped...

Rachel:

[laughs] Shoved.

Griffin:

Yeah. Forced into a bratwurst—

Rachel:

[laughs]

Griffin:

... wrapped in bacon, uh, and put on a pretzel roll. All right.

Rachel:

Oh, man.

Griffin:

That's a lot of— That's a lot of, uh, that's a lot of stuff you got going on there. And, like, which brings me back to my central thesis, which is why? Why?

Rachel:

[laughs]

Griffin:

There's no— I'm not complaining. Right? And I'm not judging. Like, I love sports food. Sports food is— Whenever it is time, I look forward to the Super Bowl food more than I look forward to the game or commercials or anything, 'cause it's, like, I love those foods.

Rachel:

Yeah. I mean, whenever I hear about somebody going to a game of any kind, my brain immediately goes to, like, oh, they're gonna get to eat sports food.

Griffin:

Yeah. For me, it was simply any time we went to the Great American Ballpark, uh, or whatever the Red's ball field used to be called. Uh, they have bratwurst that was the most delicious bratwurst I've ever tasted with some, like, Golden's, like, brown mustard.

Rachel:

Uh-huh.

Griffin:

Like, I would dream about that.

Rachel:

[laughs]

Griffin:

And so, any time we would be going to a Red's game, I'd be, like, yeah, whatever, whatever, baseball. But the bratwurst at that stadium is, at that ball field is, like, next level. Sometimes, they... would put skyline chili on it, and that's not— That's not the journey.

Rachel:

Yeah.

Griffin:

That's not my particular journey, but I support whoever's decision goes for that. You know?

Rachel:

Yeah. I don't think— I mean, so, most of my sports attending was done when I was a very young person.

Griffin:

Yeah.

Rachel:

So, I can't think of, like, a particular dish that was unique to any of the sports places that I went.

Griffin:

Yeah.

Rachel:

Uh, but, generally, like any of it, any of it is phenomenal to me.

Griffin:

I would say also, at the Great American Ballpark, they do, uh, Frito pie with skyline chili, served out of a tiny Red's helmet. I like that. That was nice.

Rachel:

Yeah, that's nice. The novelty helmet.

Griffin:

Novelty helmets, we like.

Rachel:

Get the ice cream in there too.

Griffin:

It's just— This is not a segment where I am praising any one particular food. It's just the idea of sports food is so exciting to me...

Rachel:

Yeah.

Griffin:

... and so pure and inexplicable. It is this sort of, like, cultural touchstone that, for the life of me, I cannot find the origin point for...

Rachel:

Yeah.

Griffin:

... um, but it delights me to no end that it exists.

Rachel:

Yeah.

Griffin:

Yeah.

Rachel:

No, I think about that sometimes when we were trying to come up with dinner ideas. I think, well, we could— We could have—

Griffin:

Could just make wings.

Rachel:

We could have sports food. Um, but it feels like a celebratory food.

Griffin:

It does. Yeah.

Rachel:

It feels like, well, what are we celebrating? [laughs] Why would we have it today?

Griffin:

Yeah.

Rachel:

[laughs]

Griffin:

Hey, uh, I want to thank 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. Uh, and I want to thank Maximum Fun for having us on the network. Go to MaximumFun.org. Check out all the great shows that they have on MaximumFun.org.

Rachel:

Oh, do you want to talk about your live show again?

Griffin:

Yes. We have a live show coming up for the program that is called My Brother, My Brother and Me, and tickets for that are on sale right now. Now...

Rachel:

It, uh, while you look, I will say that it- it stars, uh, Wonderful's Griffin McElroy.

Griffin:

Yeah. Uh...

Rachel:

Uh, there's an older one, uh, Travis McElroy, uh, from Shmanners, and then, the oldest one, uh, from Sawbones, Justin McElroy, uh, and that is the show, My Brother, My Brother and Me.

Griffin:

And that's gonna be on February 26th. That's gonna start at 9 PM Eastern time and will be available, video on demand for ticket holders for 14 days after the show ends. Tickets are just \$10 with an option to pay more if you'd like to, and, uh, you can get tickets at bit.ly/MBMBaMvital. That's MBMBaMvirtual. And, yeah. It'll be a lot of fun.

Rachel:

They really are always a good time. I feel like I'm always recommending it to people. Like, if you're gonna be home and, you know, you want to laugh.

Griffin:

We're giving you permission to laugh again!

Rachel:

[laughs]

Griffin:

Uh, we also have a bunch of merch at McElroyMerch.com. That's it. That's it.

Rachel:

That's the show.

Griffin:

We don't have anything else.

Rachel:

Yeah.

Griffin:

We don't have any more stuff. I thought about doing— getting more stuff ready, but then, um, I just didn't. I just didn't.

Rachel:

Mm-hmm.

Griffin:

'Cause I'm a lazy bum. I never am doing anything.

Rachel:

That's not true.

Griffin:

I don't know about you...

Rachel:

[laughs]

Griffin:

... but if I don't eat buffalo wings in the next three hours...

Rachel:

We just had them.

Griffin:

... I might die.

Rachel:

We just had them though.

Griffin:

Yeah, but I need them.

Rachel:

You know what? We have the buffalo sauce. You could put that really on anything. [laughs]

Griffin:

That's a good point.

Rachel:

Scratch that itch.

Griffin:

Yeah. I think we have like, some Saltines.

Rachel:

[laughs]

Griffin:

Buffalo crackers...

Rachel:

Uh-huh.

Griffin:

... in my soup!

Rachel:

[laughs]

Griffin:

God, I'm adorable.

Rachel:

Yeah.

[theme music plays]

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