

## Wonderful! 13: The Devil is a Barking Dog

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[theme music plays]

**Rachel:**

Hi, this is Rachel McElroy.

**Griffin:**

Hi, this is Griffin McElroy.

**Rachel:**

And this is Wonderful!

**Griffin:**

Rachel's just cheesing right now. Rachel's just... We had like four false starts with the recording and Rachel got fed up with all the fucking tomfoolery.

**Rachel:**

I'm a professional.

**Griffin:**

You're a professional. I had to fix your boom. I had to take a drink of water and also I almost got sick on the burgers we just ate. And that's the real truth of it. We—

**Rachel:**

That's a technical term, by the way, fixing my boom is not a... Is not a euphemism.

**Griffin:**

I mean, it can work as a euphemism. I don't know what if your boom would be your butt. And if so, I don't know how you go about fixing a butt unless you're a...

**Rachel:**

Well, mine doesn't need to be fixed.

**Griffin:**

Hell, no, it doesn't.

**Rachel:**

[laughs]

**Griffin:**

Except it's got a crack in it.

**Rachel:**

Oh, gosh!

**Griffin:**

Oof. Anyway, thank you for listening to Wonderful, it's a podcast about stuff that we're just really into. I want to thank, um, I want— We have a new member in the studio, a new member of the production team, the wonderful crew. Couldn't do it without them. Of course we have brother printer and brother printer's been doing a lot of hard work for us lately. Been putting in a lot of hours, been draining the ink.

**Rachel:**

Yeah.

**Griffin:**

Now, we have touch lamp. Very excited about touch lamp, bought it and it turns out it's quite dim. Um...

**Rachel:**

But can I ask you, you already have a lamp in here.

**Griffin:**

Yeah.

**Rachel:**

What was the other one for?

**Griffin:**

[distantly] Look at that.

**Rachel:**

You just wanted some mood lighting?

**Griffin:**

It's soft lighting, but what's funny is you can press this button and then it's colorful lighting. Hey, look at that. Do you wanna do it with, like, a blue light in here the whole time? 'Cause we can change the hue I think just by touching it. Ooh, maybe we said it's a cycle and now it's like we're recording inside of a Spencer's Gifts.

**Rachel:**

Is this like a McElroy disease?

**Griffin:**

That we just like garbage?

**Rachel:**

Yeah.

**Griffin:**

Probably. Let's just try this out. Let's just unplug that. Okay, now we just kind of have this rainbow orb in the room and who knows what kind of— It's completely black in here. Pitch dark except for this rainbow orb we have in the center of the room and maybe it'll allow us to channel new energies, new colors.

Right now it's a sort of fuchsia tone and I don't know how that's gonna affect the recording, but now it's red and now I'm angry at you. So we can do like a fun thing where when it changes, maybe we have a different emotion. It can be like a fun game, but a horrible listening experience.

**Rachel:**

[laughs]

**Griffin:**

Thank you, touch lamp. Welcome to the team. Anybody else we should thank in the studio? Weird smell. Uh, weird smell, you're not really... I wish I could fire you weird smell, but your dad owns the podcast and so, nothing we can do about that.

**Rachel:**

[laughs] I got in Griffin's car the other day and he warned me first that it was messy and second that there was a smell.

**Griffin:**

I'm starting to think my body just produces, uh, just a constant sort of bad smell.

**Rachel:**

Griffin, most people when they notice a smell...

**Griffin:**

Take action.

**Rachel:**

Yeah, that's the thing.

**Griffin:**

I know.

**Rachel:**

Everybody smells.

**Griffin:**

Well, I tried to take action in trying to fire the bad smell from the studio, but nothing was happening. I think it's coming from... Can I tell you who I think is making it? Long dormant exercise bike.

**Rachel:**

Oh yeah. [laughs]

**Griffin:**

Long dormant exercise bike never does fucking anything in this— Or you know, it could be unplugged massage chair, 'cause unplugged massage chair, uh, you know, is a chair. And so I don't wanna be crude, but some bad smells were probably put into it by butts. And so that's the truth of it.

**Rachel:**

Oh, okay.

**Griffin:**

This studio fucking sucks, baby, can we please move into a new house that's bigger. So I don't have to keep working in this stinky office?

**Rachel:**

Man, I would like to, I think.

**Griffin:**

Uh, so should we get started?

**Rachel:**

Yeah.

**Griffin:**

Who... Last week was our Thanksgiving Hunger Games Showdown. So I don't even know who should go first this time. Maybe you should.

**Rachel:**

How gentlemanly are you?

**Griffin:**

Do you want me to go first?

**Rachel:**

No.

**Griffin:**

All right. Let her rip.

**Rachel:**

My topic.

**Griffin:**

No notes in your hand which is terrifying.

**Rachel:**

I know, I'm confident. Grant writing.

**Griffin:**

Okay.

**Rachel:**

Yeah.

**Griffin:**

This is cheating. I don't— I know we don't have rules established, but this is your job. It's like...

**Rachel:**

It's what I do and I think it's wonderful.

**Griffin:**

I think it's also wonderful, but it's just like just... It feels like cheating to me.

**Rachel:**

You are welcome to bring what you do.

**Griffin:**

What I do is horrible!

**Rachel:**

[laughs]

**Griffin:**

What I do is... No, what I do is pretty good also.

**Rachel:**

Yeah.

**Griffin:**

Tell everybody at home what grant writing is, 'cause it took me a good three years to actually understand what it is you do for work.

**Rachel:**

Well, what— I mean, I guess let's start. What do you think? What do you know about grants?

**Griffin:**

Let's not do this.

**Rachel:**

[laughs]

**Griffin:**

Grants are, uh, charitable, often charitable funds that are set aside for specific causes. Uh, usually sort of, uh, blocked off by, uh, larger organizations or fundraising groups or...

**Rachel:**

Okay.

**Griffin:**

... the court or government to, uh, to...

**Rachel:**

Well—

**Griffin:**

...grant for specific causes to try to further them.

**Rachel:**

Yeah, no that's pretty good actually. Yeah. So, I started grant writing about five years ago. Uh, and what that means is, uh, initially I worked for a nonprofit and then I transferred to a community college. Uh, but the whole

purpose of my job is to work with people that run programs to help them get funding to support the expansion or innovation of their program. Uh, and...

**Griffin:**

Can you put that even simpler?

**Rachel:**

[laughs]

**Griffin:**

It's just— This is why it took me three years to...

**Rachel:**

Okay.

**Griffin:**

It took me a good like four months to understand what like nonprofit really meant. 'Cause I thought it was like a business where you sold things, but for free, and then— Obviously incorrect. And then you talk about raising funds to further and innovate things and it's like, I don't know, man.

**Rachel:**

Um, well, okay. So with a nonprofit, typically they exist to solve some kind of issue or at least, um, help provide support to people or animals or you know, any kind of noun let's say [laughs] that could use some support. Uh, a cause.

**Griffin:**

Not bears though, right?

**Rachel:**

Oh, definitely bears.

**Griffin:**

It took me fucking two and a half minutes to get this jacket off. Were you watching that whole process?

**Rachel:**



I don't even know why...

**Griffin:**

I was like Harry Houdini.

**Rachel:**

...you come in with a jacket.

**Griffin:**

I know, I should come in here nude apparently, 'cause I've taken three articles of clothing off since we started. Okay. So that's what grants is and grant writing you...

**Rachel:**

So, um, as Griffin mentioned, there's different kinds of funding available, uh, to support programs. Uh, what you were talking about is kind of close to foundation funding. So individuals will start a foundation to, uh, award funding to causes they care about. Uh, usually they have a board of directors and they have a set amount of funds and then they have an application process for organizations that match their mission statement to come in and ask for funds. Uh, and then a lot of what...

**Griffin:**

Benevolent millionaires can also sort of wade into the process too, right?

**Rachel:**

Yeah.

**Griffin:**

Just like I'm a benevolent millionaire and what I think we need more of is...

**Rachel:**

Well, typically if you're a foundation, you have a mission and a board of directors. Uh, in order to form your own, you know, 501(c)(3) you have to have certain things like that.

**Griffin:**

Dig it.

**Rachel:**

Um, but what I do a lot of now is state and federal funding and that is more aligned with the other thing you mentioned, which is the state and government have particular objectives they wanna meet, and they have money set aside for those objectives. And then they invite, uh, applicants to come forward and try and get that money...

**Griffin:**

There's—

**Rachel:**

...to meet their objectives.

**Griffin:**

Tax money though. Right? That's like my money?

**Rachel:**

Um...

**Griffin:**

I'm just saying this big, you know, uncle— You go to the... What's the name of the guy that's on the— Uncle Sam, is that him?

**Rachel:**

Yeah.

**Griffin:**

You go to Uncle Sam and you're like, can I have a little bit of Griffin's money so that I can build a skate park? That's what I think you're... That's what I assume you're talking about.

**Rachel:**

Well, a lot of times it's particular workforce goals or education goals.

**Griffin:**

Skate parks.

**Rachel:**

Uh.

**Griffin:**

Aquariums.

**Rachel:**

Department of Labor has a lot of funding available.

**Griffin:**

Coldstone Creamery.

**Rachel:**

Department of Education, health and human services. That kind of thing.

**Griffin:**

Edible arrangements.

**Rachel:**

But none of this is why I like grants.

**Griffin:**

Yeah. Talk about why you like grant writing because...

**Rachel:**

Yeah.

**Griffin:**

I get it. Like I understand why it is sort of a perfect fusion. And I think it's, like, I feel like I don't know too many people whose careers are... represent this, like, really nice cross section of, like, the stuff that they're really, really good at.

**Rachel:**

Yeah. Yeah. I like it because there's a lot more research and interview skills involved than I expected, initially. I kind of thought it was just filling out applications, just having a set amount of information that you just fill lines in and send 'em out.

Um, but what I'm learning more and more is that it's a lot about interviewing people 'cause often people will think, "Oh, I want money for this." But they won't really have all the details worked out on what they're proposing and what they want to accomplish. And so you spend a lot of time working with them to design something, which I really like.

**Griffin:**

Yeah.

**Rachel:**

Uh, and then when you look at a grant opportunity, there's— You know it's— There's points assigned to particular areas, uh, there's specific questions and ways they want them answered. Um...

**Griffin:**

It's like an SAT test kind of, like, in that there is a way to do it the best and get the best score.

**Rachel:**

Yeah. So you have to think how is what we are doing gonna fit what they want to achieve with their funding. Um, and so there's some cleverness involved in it. Uh, and some creativity. There's a lot of wordsmithing, you know, thinking about what's gonna be the most compelling case because often what I started doing when I was in nonprofit is thinking about who my competition was.

**Griffin:**

Hell, yeah, dude, I love that cutthroat shit.

**Rachel:**

Like how is what we're doing unique, you know?

**Griffin:**

Jokes aside, I feel like the Austin nonprofit scene a little bit black sails, like...

**Rachel:**

Yeah.

**Griffin:**

[imitating a pirate] "Yar, only one of us is gonna get this grant from there."

**Rachel:**

Yeah. There are hundreds, uh, thousands even, in Austin. Uh, and so you think you get to learn the landscape a little bit and think, okay, what is unique about us? What is gonna separate us? If I were a reviewer reading this proposal, what would stand out to me, uh, that would make me more likely to get funding.

So I like it a lot and the other thing I'll say is that it's really concrete. Like, I, for years before this, did a job where there weren't particular wins, you know?

**Griffin:**

Yeah, sure.

**Rachel:**

Every day I would come in and I would do something, but I never got kind a satisfying result. Like anything, I kind of hang my hat on and with grants, there's very clear deadlines. There's very clear yes or no decisions made. And when you're done with the project you're done with it, uh, which I like a lot.

**Griffin:**

And then you find out if you get the grant.

**Rachel:**

Yeah.

**Griffin:**

Which is, like...

**Rachel:**

Exactly.

**Griffin:**

...because it's concrete, I can say this objectively. You're fucking awesome at— Like you are very fucking good at it. Rachel would not say this to toot her own horn, she's more reserved than this. But like, you have pulled down, like, a ton of super huge grants that have gone towards some really incredible causes. And I'm not just saying, like, oh, you're so good at your job. I'm saying there's fucking like...

**Rachel:**

[laughs]

**Griffin:**

We got receipts over here, folks.

**Rachel:**

[laughs]

**Griffin:**

Um, and yeah, I'm very proud of you. You're very good at that.

**Rachel:**

Oh, thank you for saying that. I like it a lot. I didn't find this job until I was, um, already in my 30s more or less. I did kind of a lot of dancing around it. Um, and then when I found it, I just felt like, oh!

**Griffin:**

Yeah.

**Rachel:**

This is everything I like in one job. Uh, and so ever since I just covered it, it's kind of... It's felt exactly right, which is wonderful.

**Griffin:**

Uh, do you wanna hear my first thing?

**Rachel:**

Yes.

**Griffin:**

My first thing is receiving mail. Getting mail.

**Rachel:**

Do you wanna put some qualifications around that? Because you get a lot of junk mail.

**Griffin:**

Oh, yeah and that's bad.

**Rachel:**

Yeah.

**Griffin:**

We gotta say, and I'm glad you've confronted this. I was gonna save that 'til we were a little bit deeper into my segment, but if you wanna start out by just sort of shitting on it...

**Rachel:**

[laughs]

**Griffin:**

No, it's fine. Let's just get this bullshit out of the way. Sometimes you get junk mail and that's bad and it's incredibly wasteful. It's, like, the most wasteful thing I think. I think their ranking goes diapers. Like one baby generates one small island of diapers by the time it's not wearing diapers anymore.

And then just behind that is junk mail, but there's something about the junk mail that you have to dig through a little bit. You got to dig through it to get to the gold underneath. You're looking at me incredulously.

**Rachel:**

[laughs]

**Griffin:**

You don't get stoked when you get some good, that good mail?

**Rachel:**

I guess just to part the curtain a little bit. We have a end table in our house that is constantly full...

**Griffin:**

Of the bad mail. That's our fault for not doing something about it.

**Rachel:**

Where there's stack of mail.

**Griffin:**

But sometimes you get that good mail though. You get a bunch of the bad mail, with the good mail here's the thing about it. What's even in there?

**Rachel:**

[laughs]

**Griffin:**

I'm not talking about email either. 'Cause like I have... Here, let's play a game. Guess how many unread emails...

**Rachel:**

Oh, God, I can't imagine.

**Griffin:**

...I have in my email box right now? [sings] Guess how many emails? Guess how bad a correspondent I am online on the internet where...

**Rachel:**

This is horrifying.

**Griffin:**

[singing] ...nothing even matters at all.

**Rachel:**

Uh, I'm gonna say 4,000.

**Griffin:**



Oh, more than that babe.

**Rachel:**

Oh, my God.

**Griffin:**

Oh, no. [singing] 13,368 unread emails people worked on and sent me and I said, "No, thanks. I'm good." Without even clicking the email you worked on. That's the song I wrote about...

**Rachel:**

Um, oh gosh.

**Griffin:**

But that real mail? What's even in there babe?

**Rachel:**

[laughs]

**Griffin:**

Because you don't know unless you open it and only I can open it or it's a fucking crime.

**Rachel:**

This is like my... This is like my mystery Dum Dums.

**Griffin:**

It's like the mystery Dum Dums, which we have a big bowl of Dum Dums since Halloween. And it has been an honor and a privilege digging through those. Anyway, most mail is trash and that's wasteful and that's bad. But you get that good mail?

Maybe it's a nicely printed piece of paper, like a wedding invitation or a Christmas card. Some with, like, some umph! Some emotion built into it. Maybe it's a postcard and it's like, "Hey, little postcard. How did you get here?" Postcard from fucking Greece. I got a postcard from Greece once. And it's like, you were in Greece earlier and now I'm holding you.

**Rachel:**

Do you think about... Do you think about the whole little travel process for this piece of mail?

**Griffin:**

It's unbelievable.

**Rachel:**

Like is this... Is this part of what...

**Griffin:**

We have a P.O box and we got a postcard from Japan and it's like yeah, you crossed the ocean to get to me and several states!

**Rachel:**

[laughs]

**Griffin:**

You sweet little— You sweet little postcard. How wonderful, what a great little adventure you went on, my small friend. Um, I— Also, we get a lot of packages. We do some Amazon shopping. Uh, we are... [laughs] We're Prime members. We're members of Bezos'...

**Rachel:**

You could probably tell just, you know, from—

**Griffin:**

Just sort of the way that we carry ourselves that we're members of Bezos's special circle and they won't let just anybody be Prime members, but we do get packages delivered in just two days. Because one time I saved Jeff Bezos from a burning building.

**Rachel:**

[laughs]

**Griffin:**

Saved him from a burning building, and he was shrieking and shrieking and so scared. But I jumped through the flames and I lifted up the big piece of building on him.

**Rachel:**

[laughs]

**Griffin:**

With...

**Rachel:**

He said, "For you, Griffin..."

**Griffin:**

"Now you're Prime."

**Rachel:**

"Two days."

**Griffin:**

"You're prime, my son." And he adopted me. Thank you, Jeff. I love you, dad. So, uh, yeah, you get, we get packages and every time a package gets delivered, it's like the perfect amount of time from when you ordered the package to when it's delivered that you could have conceivably forgotten that you ordered it, or maybe that's just me, or maybe you didn't forget and you've been looking forward to it and then here's the truck! Yes, it's here! My thing is here.

**Rachel:**

You know, this is an interesting point. Um, my dad, as you know, is, is an eBay enthusiast, uh, 'cause he likes to collect a lot of, uh, well, collectibles...

**Griffin:**

Guns.

**Rachel:**

No.

**Griffin:**

Rachel's dad has like 75...

**Rachel:**

No.

**Griffin:**

...big...

**Rachel:**

If you knew my dad, that would be very funny. Um—

**Griffin:**

Yeah, that was a pretty narrow market I was going after there.

**Rachel:**

Um—

**Griffin:**

Your dad owns movie props, some movie props. And...

**Rachel:**

We've talked about this on the show.

**Griffin:**

Blues. I know, but it's the best shit ever.

**Rachel:**

Um—

**Griffin:**

Oh, we got to tell them— The gift that he came in town. He came in with the dopest slate of shit. Some birthday gifts for Henry, which was awesome. For Rachel a St. Louis Blues towel signed by the towel man.

**Rachel:**

Yeah.

**Griffin:**

Very, very good.

**Rachel:**

In a commemorative case with a label and indicating what it was.

**Griffin:**

And for me [laughing] a book and DVD set on how to do card tricks.

**Rachel:**

[laughs] My dad listens to the podcast.

**Griffin:**

It's fantastic. Thank you, David. These were slam dunk gifts.

**Rachel:**

The whole reason I brought him up was to say that I always thought it was the collectible that was motivating his purchases, but maybe he just likes getting mail.

**Griffin:**

It's just the excitement of the delivery.

**Rachel:**

Yeah.

**Griffin:**

Here's what I'm saying. And that's wasteful too. And um, support local business. We do that also. Um, but I can't get a multicolored touch lamp at a small business. I probably could.

**Rachel:**

You probably could.

**Griffin:**

I did not put in the effort on that one, but I just love that you have this little treasure chest on the front of your house and every day there's new stuff that gets put in there. And the fact that there's a bunch of different ways to get an object from one end of this planet to another end of this planet, reliably is, like, I don't know. I'm still kind of, like, mystified by that. And I think it's a special thing. Also we do have the P.O box, which means we basically have two treasure chests. Um...

**Rachel:**

Do you remember when you were a kid and you do the little mailbox for Valentine's day?

**Griffin:**

Oh, this is not gonna be fun for me to talk about, but if you want, yeah.

**Rachel:**

[laughs] I just, that's kind of every child's introduction to getting mail.

**Griffin:**

Yeah. I got a... I got a couple.

**Rachel:**

Well, I mean, in my school, there was a rule that everybody had to get one.

**Griffin:**

Oh, that sounds like it was nice.

**Rachel:**

[laughs]

**Griffin:**

Was it a nice school, babe, that you went to?

**Rachel:**

Yeah.

**Griffin:**

Was it a nice school?

**Rachel:**

Yeah.

**Griffin:**

Did you feel fulfilled by the holiday that you celebrated there? Was it fulfilling for you?

**Rachel:**

[laughs]

**Griffin:**

And not a fucking horrible blood sport?

**Rachel:**

I would've given you a Valentine, Griffin.

**Griffin:**

I know you would have 'cause you're a very sweet person. Got two. [quietly]  
But one's from the teacher.

**Rachel:**

[laughs]

**Griffin:**

Aw, shoot. One was from the teacher.

**Rachel:**

Um, yeah. I also like mail. It is exciting when you have a big pile of junk mail. I'm sorry, Griffin, that I brought this up, um, to see a little handwritten envelope. So much so that now junk mail is using like fake handwriting font, which is upsetting.

**Griffin:**

I am so fucking over that shit. First of all, I can always tell.

**Rachel:**

I know.

**Griffin:**

'Cause they like put the address of the business on the back of the letter. And so you look at that and you're like, "Hey, great dupe, gang." Direct mail advertisement is, uh, I learned this in college. I don't know if it's necessarily still true, but it's the biggest marketing expenditure in the country by an

enormous margin, like over print, over uh, internet advertisements, over TV advertisements, over everything.

Direct mail advertisements represent the biggest portion of the like national marketing spend and that's buck wild to me because in my mind, it is the least of effective form of advertising I can fucking imagine. I've never gotten a thing in the mail and been like, "Ooh!"

**Rachel:**

Yeah.

**Griffin:**

"They're having a sale on oranges at Kroger! Gotta jet!" And I understand that like there are probably lots of people who say, "Oh dope, there's a sale on oranges at Kroger. Let's get down there." But I mean, mostly I also get shit from the local Honda dealership and it's like, "I'm good."

**Rachel:**

Yeah. It's weird. It's just this like... It's this carryover from an earlier time, uh, when that was how people received information and I feel like a lot of businesses just do it...

**Griffin:**

Just they haven't changed...

**Rachel:**

...without thinking.

**Griffin:**

...it since 196-fucking-1.

**Rachel:**

Yeah.

**Griffin:**

I get a fucking car dealership thing in the mail every single day. I buy one car a decade.

**Rachel:**



[laughs]

**Griffin:**

Like that's a wild gang.

**Rachel:**

Yeah.

**Griffin:**

But the rest of the mail is so good, it's like a little secret loot box on the front of my house every day. What's in it? Today what was in it? A bunch of bullshit, maybe tomorrow!

**Rachel:**

[laughs]

**Griffin:**

So, uh, should we do... Can I steal you away? Can we chalk? Can we chalk about...

**Rachel:**

[laughs] Yes.

**Griffin:**

The mood lighting in here and what it's doing for the space.

**Rachel:**

I mean, I kind of like it.

**Griffin:**

You kind of like it.

**Rachel:**

It feels like we're doing like a late night radio show.

**Griffin:**

It kind of feels like my first apartment room where, I'm not joking. Like I did have, like, plasma ball. I did have like a...

**Rachel:**

Do you have a lava lamp?

**Griffin:**

Oh, yeah.

**Rachel:**

Oh, man Griff.

**Griffin:**

I had a lava lamp. I had, like, all that shit. I had, uh, I had like a small disco ball and we used to go in there, um, after definitely not doing drugs.

**Rachel:**

[laughs]

**Griffin:**

And listened to the Soft Bulletin by Flaming Lips and just turn 'em all on at once.

**Rachel:**

Do you have any glow in the dark items?

**Griffin:**

No. No, no. 'Cause those are... Don't put those in your bedroom. I don't want anything glowing in there.

**Rachel:**

That was exactly what I did. The glow in the dark stars as a teen.

**Griffin:**

Well, that's fine. Yeah, no that's romantic, but uh, anyway. Hey...

**Rachel:**

So what did you wanna chalk about?

**Griffin:**

The mood lighting.

**Rachel:**

Oh, okay. I thought you wanted to talk about the stinger and maybe not doing it anymore. [laughs]

**Griffin:**

Oh, [laughs]. Do you not wanna do the stinger anymore, babe?

**Rachel:**

I'm out of ideas.

**Griffin:**

Should we not do it this time and say, [imitates the Home Improvement sting] So now we're just going...

**Rachel:**

Classic.

**Griffin:**

...back to fucking grass tax, folks and I twisted it on all of you. Fucking rubes.

**Rachel:**

[laughs]

[ad break]

**Rachel:**

Okay. This message is for Ryan, it is from Brianne. "Hey babe, since I goofed up my answer to your beautiful proposal in Prague by trying to make a dumb joke, here's a do over. Yes, yes, of course, yes. You're the best human and by now we're blissfully married. It's you and me against the world from now

on. Let's spend the rest of our lives fighting the good fight and snug in our terrible perfect animals." Congratulations, Ryan and Brianne.

**Griffin:**

Yeah, it's too bad you both have to fight the whole world.

**Rachel:**

[laughs]

**Griffin:**

'Cause we're coming for the two of you. Are you ready? Have you set the traps? I don't think you set all the traps. Have you bought the seeds? You'll need to create your own agriculture. I bet you didn't think about that. I'm in your garden eating all your seeds.

**Rachel:**

Are you making another board game right now?

**Griffin:**

I might be making a new board game. It's called Settlers of Ryan and Brianne and it's them two against the world and it's like hard Target. Anyway, here's another message. This one's for Rose and it's from Rose, who says, "Hi, Rose. Future Rose says, I love you. And I know things aren't easy right now, but it's gonna be awesome. Can't give details or the universal explode, but a wife, a cat, your very own spaceship, who knows? Thanks Rachel, Griffin and all the good McElroys for wonderful podcasts that brightened my life. You've all helped me more than I can say." Okay. We're speaking to past Rose now through the time rift, it opened up over the George Washington bridge. I think that's a Kate & Leopold joke.

**Rachel:**

Oh, man. I never saw that. [laughs]

**Griffin:**

That's okay. I should have known. Um, yeah...

**Rachel:**

I wanted to thank future Rose for buying this message for past Rose.

**Griffin:**

Yeah. It's weird that you had to spend the new currency space bucks on it. Uh, space bucks are of course money that is made out of astronaut toilet paper.

**Rachel:**

Oh.

**Griffin:**

Yeah. I don't know why we decided to change it up like that, but...

**Rachel:**

I feel like future Rachel never does anything good for past Rachel.

**Griffin:**

I feel like current Rachel... I feel like current Griffin never does anything good for future Griffin.

**Rachel:**

[laughs]

**Griffin:**

As evidenced by the big, big, sweaty hamburger that we ate just before we recorded that has been trying to punch its way out of me like Gulliver's Travels, sort of, Pinocchio fighting inside of the whale.

[Max Fun ad]

**Oliver:**

How's it going, everyone. I'm Oliver Wang.

**Morgan:**

And I'm Morgan Rhodes. We have a brand new show on the Maximum Fun network that we'd love to share with you. It's called Heat Rocks.

**Oliver:**

Morgan, we should probably explain what a heat rock is.

**Morgan:**

It is a banger, a fire track. True fire.

**Oliver:**

Right, dope album. Each episode, we will bring on a special guest to join us, to talk about one of their heat rocks. It might be a musician.

**Morgan:**

A writer.

**Oliver:**

Maybe a scholar.

**Morgan:**

I mean, I would've been happy to just talk to you about your heat rocks, but this is a different show. So...

**Oliver:**

Yeah, I think people might enjoy hearing maybe the guests instead.

**Morgan:**

To do that you'll have to go to [MaximumFun.org](http://MaximumFun.org). So if you wanna talk about hot music, you should check us out.

**Oliver:**

Heat Rocks.

[ad break ends]

**Griffin:**

Hey, what's your second thing?

**Rachel:**

My second thing will not surprise you. It is sleep.

**Griffin:**

[laughs]

**Rachel:**

[laughs]

**Griffin:**

To frame this, to frame this. Rachel goes to sleep. If it's— If Rachel is awake and there are four digits on the clock, it is a fucking miracle. It is— If there's four digits on the clock and Rachel is awake, then she is on trucker speed.

**Rachel:**

Well, excluding the AMs.

**Griffin:**

Yes.

**Rachel:**

10, 11 AMs.

**Griffin:**

Yes. The 10, 11, 12 AMs. Yes, those are the only four digit hours.

**Rachel:**

Well 12AM, I'm asleep. [laughs]

**Griffin:**

Yes, yes. Sorry. I forgot how the clock works.

**Rachel:**

[laughs]

**Griffin:**

Uh, I try to read it like a big boy sometimes, but it's confusing.

**Rachel:**

[laughs] I have always valued my sleep very much. Uh, this has reached obsessive proportions.

**Griffin:**

[laughs]

**Rachel:**

Now that we have an infant. Um, and so I decided to do a little research on all the great things about sleep.

**Griffin:**

There's a lot to talk about. Now this is different. We should talk... We should mention, I have done naps before on this show.

**Rachel:**

Griffin is a champion napper.

**Griffin:**

I took an hour and a half nap today, accidentally.

**Rachel:**

[laughs]

**Griffin:**

My alarm went off and I said, "Oops, time to go!" And then I slept for another fucking hour.

**Rachel:**

Griffin stumbled out of the bedroom. Like, "What day is it?"

**Griffin:**

I said, "What happened?" Because I legit didn't know, like, what it was that I was, like, living right now. Okay, so, sleep.

**Rachel:**

Sleep. Okay. So this is from a Mental Floss article, uh, that lists, uh, seven reasons sleep makes you better.

**Griffin:**

Seven. So many.

**Rachel:**



I'll go through quickly. I guess, tap in if you want more details.

**Griffin:**

Well, I might just fucking fall asleep if it gets too boring. [laughs]

**Rachel:**

Uh, people recall information better after they sleep.

**Griffin:**

Wow. That actually explains a lot why my memory sucks so bad.

**Rachel:**

[laughs] Uh, sleep helps you remember things. Um, so you can hear or smell something, uh, during your sleep, which I think is interesting.

**Griffin:**

Wait, what? You can hear or smell something during...

**Rachel:**

Yes, you can hear and smell during your sleep.

**Griffin:**

Wait, so if I... Wait, okay. No, that makes sense. Like, obviously you can hear during your sleep 'cause if you... If somebody like shoots a gun or something right next to you, then you'd hear that. But the smell is weird to me.

**Rachel:**

Yeah. I don't know.

**Griffin:**

You're asleep and you smell, like, smoke from a fire would wake you up. So you'd know to get out of the house?

**Rachel:**

In a 2007 study, volunteers learned the locations of picture cards in a game similar to concentration. While they learned, they smelled the scent of a

rose. Those who were exposed to the odor again, while they slept that night remembered 97% of the location.

**Griffin:**

What the fuck?

**Rachel:**

Compared to only 86% of the people who didn't stop to smell the roses as they slept.

**Griffin:**

That's wild. But I mean, it makes sense, right? It's like an evolutionary... Like you have these senses that have to be active while you're asleep so that you don't get eaten by a big stinky mammoth or something.

**Rachel:**

[laughs]

**Griffin:**

You know they love to eat people. They're used to. Old stinky elephants, big hairy stinky guys just coming around, eating all the cavemen up. What happened next?

**Rachel:**

Okay. [laughs]

**Griffin:**

It's fun to think about.

**Rachel:**

Elephants?

**Griffin:**

I just love thinking about like the old, the prehistoric ages and Brontosaurus burgers and all that.

**Rachel:**

That's nice. Um, what else? Sleep improves motor skills. Uh, so for example, a specific brain wave that occurs during sleep seems to be vital to learning motor tasks like playing the piano.

**Griffin:**

Hmm.

**Rachel:**

Um, sleep can help you navigate. So when people dream, they work out problems relevant to their waking lives. Uh, when almost 100 people were taught to navigate a virtual maze as part of a Harvard medical school study, some of them had maze related dreams, those who did performed better on the maze later that day.

**Griffin:**

That is wild. I bet hero Captain Sully Sullenberger gets lots of sleep and that's what helped him navigate his way through those ducks and land his plane heroically in the Hudson. Thank you so much. We don't thank him enough.

**Rachel:**

That is very true.

**Griffin:**

We don't thank him enough. We talk about him as a joke and we talk about the great movie, but we don't talk about him and his accomp— And his achievement.

**Rachel:**

Well there's Sully's-Giving where we do, that's the whole point.

**Griffin:**

Sully's-Giving is coming up very soon. It's tomorrow.

**Rachel:**

Oh, no. Already?

**Griffin:**

Did you get him anything? I forgot, too. This is exactly what I'm talking about. We never celebrate hero Captain Sully Sullenberger who obliterated those ducks so intensely. We don't— Thank you, captain. My captain.

**Rachel:**

Okay. Here's another thing that'll be relevant to you about sleep, uh, sleep improves your immune system.

**Griffin:**

I never get sick. I have... Rachel, look at me. I have never been sick.

**Rachel:**

[laughs] Uh, there was a study that people who slept fewer than six hours a night were 11 times more likely to be unprotected from hepatitis B after getting the vaccine, compared to people who slept more than seven hours because their immune systems didn't create antibodies to fight the virus.

**Griffin:**

I mean, that'd be interesting to me if I've ever been sick, but I've never been sick. And uh, I saw that movie Contagion in theaters and the whole time I was like, I don't understand is this sci-fi? Like, what's even... Why, what was that weird...

**Rachel:**

Well, I think it was kind of sci-fi.

**Griffin:**

What was that's... Like, why is everybody sneezing? And he sneezes on him and now he's got it. This is too much for me.

**Rachel:**

So here's, so here's— Bottom line.

**Griffin:**

I should get more sleep. Is this an intervention now?

**Rachel:**

Well, no, no. I'm talking about why I think it's wonderful. Uh, and why I'm so intense about it lately. Um, I have not had two nights in a row of just a full night of sleep in...

**Griffin:**

I mean...

**Rachel:**

Probably—

**Griffin:**

One year and four days?

**Rachel:**

Well, no, more than that 'cause while I was pregnant, I wasn't sleeping especially good either.

**Griffin:**

Oh, yeah.

**Rachel:**

So this is why I go to bed at 9:30.

**Griffin:**

I'm not judging you for it. I think you should absolutely stand in your truth. I think that people should be allowed to go to sleep at the time that they want to go to sleep at. I will say I went to sleep at the same time as you like a couple nights ago. And I woke up and I was— It was literally like hero Captain Sully Sullenberger had landed a plane on me. I was so fucking tired because my body's, like, attuned like a hot rod to getting, like, six and a half hours of sleep.

**Rachel:**

Um, yeah, I get excited when it's time to go to sleep. Uh, I get excited when I wake up and realize there's more time left to sleep. Um, and I get excited when I'm putting on sleep clothes.

**Griffin:**

Oh, I get that too.

**Rachel:**

And getting in bed.

**Griffin:**

But for me it's also work clothes and all my clothes.

**Rachel:**

Um, I love it. I love it very, very much. Uh, and I think it's maybe the most important resource available to us all. [laughs]

**Griffin:**

I'm gonna go with bricks 'cause you can use 'em to build roads, but you also need 'em for cities. So...

**Rachel:**

[laughs]

**Griffin:**

I wanna talk about a movie. Have we talked about... I guess I did Evil Dead that one time, but we don't... I feel like we don't talk about a lot of movies here. Um, this is a movie that I found out about after I graduated college. Uh, but it is my sort of favorite movie in this specific genre. Uh, it is my favorite romance movie ever made and it's Before Sunrise.

**Rachel:**

Oh, sweet Griffin.

**Griffin:**

Uh, Before Sunrise is a film, uh, the first in the Before blank trilogy, I guess, uh, from Richard Linklater who made, uh, Slackers and Dazed and Confused and more recently Boyhood, uh, which I also, uh, enjoyed quite a bit.

It features, uh, Ethan Hawk and Julie Delpy who are really the only two featured actors in the whole movie because the films, uh, and I wanna try to stay specific to Before Sunrise. Uh, the film is almost entirely just them

walking around and having conversations in different places and that's pretty much it.

**Rachel:**

Well, and Richard Linklater kind of, like, he's known for that. Like...

**Griffin:**

Yeah. I mean, Boyhood also kind of follows that example—

**Rachel:**

Waking Life is like that.

**Griffin:**

Waking Life. Yeah. Um, so Before Sunrise came out in 1995, um, and one of the first like kind of wild things about this series is that the second film in the series came out in 2004, nine years later. And then the third film in the series— Uh, the second is Before Sunset. The second is Before Midnight or the third is Before Midnight.

The third movie came out in 2013, so another nine year gap, is a movie series that wasn't, like, rebooted. It's a trilogy that was released over the course of 18 years, which is already kind of wild. Um, and the premise of Before Sunrise is really simple.

Uh, Jesse played by Ethan Hawk meets Celine, uh, played by, uh, Julie Delpy, who's a French actress, uh, while they are on this train through Europe and they have this very quick connection with each other after having this, uh, very serious conversation, and they decide to disembark in Vienna, um, just sort of on a whim to spend the day exploring the city before Jesse has to fly out the next day. Uh, and before Celine has to get back on the train to continue her trip back home.

And so they do just that. And then they spend one night, one like 12 hour period walking around Vienna, just sort of talking about life and love. And it's a very well written movie, but what's really powerful about it is that there is this sense of constant bittersweetness about the fact that they are forging this very powerful connection, this very like real feeling romance that in 12 hours is going to essentially expire when they have to go their separate ways.

Jesse lives in America and I believe Celine lives in France. And so they're, you know, separated by an ocean. So it's not like long distance dating after meeting somebody.

**Rachel:**

Yeah, and then when this came out, it wasn't like, you know, social media was really a thing. So it wasn't like they were exchanging any kind of information, you know?

**Griffin:**

Yeah.

**Rachel:**

There was this idea of, like, we're never gonna see each other again.

**Griffin:**

And so it does this really great job of the first half of the film building this romance between the two of them. They talk about, uh, their sort of past loves and what is important to them about life and how they, um, try right to find fulfillment through love, like self fulfillment and self-improvement with another person.

And then the second half of the film is all about like, oh, no, I'm in love with you. And we have to leave tomorrow. And it does not pull any— It doesn't really pull any punches in that regard. Like there is no sense of like real relief that you get where it's like, oh, we're gonna work this thing out.

They touch at it sometimes. But really like the whole last half of the film is all about this feeling of like, oh, man, this is gonna be really fucking rough when we have to go our separate ways. Uh, it was co-written by Richard Linklater and Kim Krizan who, uh, had worked on some of the... his other films. Like, I think she worked on *Slackers* and *Dazed and Confused*.

Uh, and when Julie Delpy and Ethan Hawk were brought in, they actually flew down to Austin and all of them stayed together for a while. And they all rewrote the entire script again, because according to Julie Delpy, uh, they didn't think the movie was romantic enough.

**Rachel:**

[laughs]



**Griffin:**

And so they turned up the romance a bit.

**Rachel:**

So why do you like it, Griffin?

**Griffin:**

It's a very, like— It has constant these constant moments that are just so memorable. You've seen it, right? We watched it together.

**Rachel:**

Oh, my gosh. Yes, of course.

**Griffin:**

Okay.

**Rachel:**

Multiple times.

**Griffin:**

It has these moments and I can recall so many of them, um, that all take place— And I'll talk about a couple of those moments, but they all take place inside of this experience that feels, for lack of a better term, kind of dreamlike.

There is this sense that what they did in getting off the train, it felt like such a real decision. These feel like two very real characters who just made this irresponsible spontaneous decision to get off a train. And because they did that, it kind of feels like nothing in the movie should actually be happening.

**Rachel:**

Mm-hmm. Yeah.

**Griffin:**

Like, it feels like the movie should not exist because these two characters made this kind of, like, random decision to do it. And because of that, like, all of these moments that they share together, uh, take place in this framework where it's like, none of this—

It feels like a dream. Like, it feels like none of this should be real because who does this? Like who would get off a train with a stranger just to spend the... Uh, half a day with them walking around the city and talking about stuff.

Um, some of those moments are just like really memorable. And I do want you to watch the movie. And so, like, I don't want to spoil anything, but the— Their first sort of like connection in this record store as they go into like a listening booth together...

**Rachel:**

Oh, yeah.

**Griffin:**

...and there's just this, uh, romantic song playing as the two of them sort of avoid each other's gaze for no joke, three uninterrupted minutes. And you would think that would get a little bit long in the tooth, but it super doesn't.

Uh, there is probably my favorite scene in any romantic film ever, where they pretend to be their friends who are, like, wondering where the fuck they are, 'cause they got off this train. And so they pretend to call each other and they pretend to be their friends and they talk about this night they've had getting to know each other. Holy shit, it's so, so good. Um, and...

**Rachel:**

It feels if— You know, you watch a lot of romantic movies and there are a lot of them that I love, even if they don't seem particularly realistic, but this one just, it captures that kind of momentum of meeting somebody and feeling that instant connection. Like, watching this movie, you know, it's almost like your pulse kind of quickens while you're watching it because it feels like you're really witnessing this couple, like, experience this very real, like, new spontaneous connection.

**Griffin:**

Yeah. That happened just so— That happened in a way that should not. The movie constantly kind of, like, reaffirms the fact that, like, none of this should exist, uh, so much so that at the end of the— One of the last, like, scenes that they have, they're talking and Jesse starts to get kind of, uh,

kind of sad. And he says that we're entering real time again. And that's such a like perfect way to like kind of summarize that the rest of the movie just felt like this... Felt like this fantasy in a way.

**Rachel:**

Yeah 'cause it's not like they're like— They're not— They're not like saying like, oh, that's my favorite food too. Or like, oh yeah, no, I'm also a middle child.

**Griffin:**

Yeah.

**Rachel:**

Like they're having these like...

**Griffin:**

Literally none of that.

**Rachel:**

Big philosophical discussions.

**Griffin:**

Because it's a Richard Linklater movie. Like of course those are the only conversations that take place. And aside from the romance, like it is also a movie about being in unfamiliar territory and exploring that and the excitement...

**Rachel:**

Yeah.

**Griffin:**

...and really, like, the unpredictability of it. And I really love this in movies, uh, *Lost in Translation*, I think has some flaws, especially regarding, like, representation and stuff, but it does get that feeling of being, like, lost in this big exciting place and anything can happen while we're here, which is like—

**Rachel:**

Yeah.

**Griffin:**

I love that in movies because like I want that to be sort of the real travel experience that I have whenever I go abroad.

**Rachel:**

Yeah.

**Griffin:**

Um.

**Rachel:**

You know what I'm gonna say? And please don't think this is terrible. But back when we were watching a lot of those, uh, reality TV shows where people would meet and fall in love on camera, um, I think that was part of why we liked it.

**Griffin:**

Yeah, sure.

**Rachel:**

Is that when it felt real, it was like...

**Griffin:**

When it felt real.

**Rachel:**

Yeah.

**Griffin:**

Uh, yeah.

**Rachel:**

It felt like that Before Sunrise moment where you're watching these people connect in a totally unexpected, exciting way.

**Griffin:**

And this would've absolutely... Literally, what I'm just now realizing is that Before Sunrise is that reality dating show that you and I conceived of in our last episode of Rose Buddies.

**Rachel:**

Right.

**Griffin:**

Of two people going somewhere where they've never been and just sort of like getting to know each other...

**Rachel:**

Yeah.

**Griffin:**

...and then traveling home whenever they want to. It's lit, we need to get in touch with Richard and just see if he'll produce this thing. It all ends in a cliffhanger ending where you don't know whether or not they ever meet again. Um, and that question was left unresolved result for nine years. And that is buck wild to me and I don't— I was not—

I don't think I had seen the first film by the time the second one came out. And so I wasn't a part of the zeitgeist of people, like, demanding the second movie in this franchise nine years after the first one came out. Um, but it is in my opinion his best movie, uh, the series is— The other two films are good. They're very good. But this... The first one I think is absolutely his best movie, Richard Linklater's best movie.

And it's such a small scale film. It had such a like hyper modest budget, but it tells such a huge— And it tells such a huge story that is— It threads this needle that I think the best stories tell where it feels relatable. This story of getting off a train with somebody in a country you've... In a city or a country you've never been to before and getting to know them and fall in love with them. It feels relatable even if you haven't done that before.

**Rachel:**

Yeah.

**Griffin:**

Even if you've never gotten off a train with a stranger in Vienna and walked around for 12 hours.

**Rachel:**

No, I had never seen it before we met. Uh, and you had mentioned that it was one of your favorite movies, and I think we watched it together. Um, and I just found it so charming because it's such a like realistic but also incredibly romantic...

**Griffin:**

And, like, adventurous movie

**Rachel:**

...movie. Yeah.

**Griffin:**

Like there's something adventurous about the way that they fall in love. Um, it's fantastic. Should we do audience submissions?

**Rachel:**

Yes.

**Griffin:**

I have one here from Dana who says, "I think Spotify's Discover Weekly playlists are wonderful. I tend to listen to the same stuff over and over again, so I love having new music to listen to every week that's tailored to my tastes. Much easier than trying to find new stuff on your own. It's so nifty."

**Rachel:**

Oh, Griffin loves this.

**Griffin:**

I don't know if you mess with this at all. I don't know what, um...

**Rachel:**

I don't.

**Griffin:**

I think most, like, computer algorithms that try to guess what kind of shit you like and then suggest other shit you may like are pretty much 100% bogus. More or less like half this stuff on one of these playlists, which is fucking a remarkable accomplishment is, like, really good. And most of the new music that I'm listening to, like today, I have found through these playlists.

**Rachel:**

Yeah.

**Griffin:**

I don't know how they manage to like, run the calculations on that to really, to get it so perfect, but...

**Rachel:**

Um, by the way, didn't you tell me that Wonderful's gonna be on Spotify?

**Griffin:**

Yes! If you like Spotify, we're gonna be on Spotify now. We'll probably put out, like, an announcement tweet or something, uh, like that, but we just got the email yesterday that we're gonna be— We were picked to be on Spotify, which is cool.

**Rachel:**

Super cool.

**Griffin:**

It's how I listen to most of my podcasts these days. So I'm hoping that there are people out there who are also excited about that. So, uh, here is another one who says, David, bear with me on this one.

"Hey guys, I just wanna share how much I love one specific episode of Star Trek: Deep Space Nine. It's season seven, episode four: Take Me Out to the Hollow Suite. In this episode, the DS Nine crew are challenged to a baseball game by a group of visiting Vulcans. The whole episode is basically captain Cisco trying to teach a bunch of aliens, how to play this ancient earth game

and has a really genuine and sweet Sandlot league of their own, etc"— Oh, et cetera, "feel."

**Rachel:**

[laughs]

**Griffin:**

"Uh, this was the last season of DS Nine and it feels like a victory lap for a show that a lot of fans initially dismissed as it faced the impossible task of follow up The Next Generation. This episode shows off how wonderful and lovable all these wacky characters are."

**Rachel:**

That's so great.

**Griffin:**

That episode sounds fucking awesome.

**Rachel:**

I know it does. I love that.

**Griffin:**

We just watched Field of Dreams, I'd never seen it.

**Rachel:**

Yes. I— It's on Netflix. Uh, I convinced Griffin to watch it with me. There is something just so lovable about people that are excited about baseball. I don't know what it is.

**Griffin:**

Yes. It was a good movie. I enjoyed it in the wrong way. In that I have been obsessed with trying to answer the question of whether or not James Earl Jones died in the movie or not. That's not a spoiler. I literally don't know.

**Rachel:**

[laughs]

**Griffin:**



I literally don't know if James Earl Jones dies in the movie or not 'cause you could. I swear you could argue either way and I would be 100% absolutely convinced.

**Rachel:**

[laughs]

**Griffin:**

Please let me know. It's driving me mad.

**Rachel:**

I would love it if somebody worked this out in the Facebook group for us.

**Griffin:**

Uh, here's one from Gryphon, but G-R-Y-P-H-O-N, which is choice. Uh, "I work at Trader Joe's and while that could be my wonderful thing, I like to talk about the cardboard baler. I love that we have such a huge machine here. Only purpose is to make cardboard really flat. It's super relaxing to watch and it makes a great hum. Also, might I add that it's also just a big Wall-E."

**Rachel:**

Oh, that's nice.

**Griffin:**

That's very nice. You ever fuck with a cardboard baler?

**Rachel:**

I'm trying to think 'cause...

**Griffin:**

We had one at the Pullman Square where I worked at the game stop where we had a lot of cardboard and...

**Rachel:**

Yes, I did. When I worked at World Market, we had one.

**Griffin:**

It's so very... I can't believe it exists and that they just let anybody use it without a license. Oh, because you could for sure, for sure, for sure.

**Rachel:**

Yeah.

**Griffin:**

It would not be hard to...

**Rachel:**

How is it—

**Griffin:**

You know.

**Rachel:**

How is it not on the news more? I feel like we should hear about that.

**Griffin:**

Of people just getting Christian Baled?

**Rachel:**

Yeah.

**Griffin:**

Yeah. It's rough, but I'm glad. I mean, I'm happy that there's not constant baling accidents. Uh, and not only are there not baling accidents, there's baling miracles because the boxes are so big and it gets 'em so fricking small.

**Rachel:**

[laughs]

**Griffin:**

That was my last one. If you wanna send them in, uh, we didn't get very many in this week 'cause we do not do a good job of telling people how to get them into us. It's wonderfulpodcast@gmail.com. Uh, hey, thanks to bo

en and Augustus for use of our theme song Money Won't Pay. You can find a link to the song in our, uh, episode description. Um...

**Rachel:**

We should thank—

**Griffin:**

We should thank people. We've gotten some really great stuff in the...

**Rachel:**

Yes.

**Griffin:**

...P.O. box and we have been bad denizens of that task. Uh, we should say that this is not a comprehensive list. We get a ton of stuff in the P.O. box. And so we're just kind of thinking a random smattering of people who have sent stuff in. It's P.O. box 66639, Austin, Texas, 78766. Um, but thank you to everybody who sent stuff in.

It is seriously a joy to... We go to it about every week and a half or so, and there's always a bunch of really cool stuff waiting for us and we sure do appreciate it. Uh, let's see, Katrina sent us some spices, including some, uh, sweet curry powder that I use...

**Rachel:**

Yeah.

**Griffin:**

...in all the curry.

**Rachel:**

Yeah.

**Griffin:**

We have meal prep kind of that we do now and I make curry every week and I'll probably end up talking about that in the later episode. And that spice helps to keep it tasty. Uh, on a related note, I got some, uh, pumpkin pie syrup for drinks and stuff from Patrick. Thank you, Patrick. Uh, we got some

tasty tea in from uh, Cassie and Leah. Thank you Cassie and Leah. Uh, Savannah Wallace sent us some lovely candles with some fall scents.

**Rachel:**

Yes, those candles. We have them going. Uh, there's one I think called December Morning.

**Griffin:**

It's very—

**Rachel:**

Which we're very excited about.

**Griffin:**

Uh, I don't know if this is a, uh, was a wonderful gift or just one of the other products, but Stephanie and Dana sent a Lucio Onesie from, uh, Overwatch. That is very, very, very good. Uh, uh, Jess sent us an I do love you cross stitch, uh, that I think...

**Rachel:**

Oh, that's so nice. That's in our bedroom right now.

**Griffin:**

We have that in our bedroom. It's very sweet. Uh, Sasha sent us a tapir, like a stuffed tapir for Henry.

**Rachel:**

Oh, yeah.

**Griffin:**

Not an actual, uh, tapir but...

**Rachel:**

Yeah, it was, like, knit. It was handknit. It was wonderful.

**Griffin:**

Uh, and thank you to Anne who sent us this really rad box of, uh, stuff from Japan, including some matcha and some like little tea candies...

**Rachel:**

Candies and stationary.

**Griffin:**

And really good stationary.

**Rachel:**

It's wonderful.

**Griffin:**

A stamp book, like some really, really cool stuff.

**Rachel:**

So cool.

**Griffin:**

Uh, thank you very much, Anne. Uh, so anything else that we need to talk about? Thank you to Maximum Fun for having us, check out all the great shows on MaximumFun.org. Shows like Stop Podcasting Yourself and Lady to Lady and...

**Rachel:**

Minority Korner.

**Griffin:**

Minority Korner and Heat Rocks and all the great shows on MaximumFun.org. And if you wanna hear our other podcast, it's at McElroyShows.com. Thank you to glow lamp. You really don't provide a whole lot of illumination. This is a very unintentionally spooky recording. Uh, thank you to the bad stink and the exercise chair. Um...

**Rachel:**

Thank you for being patient. I know this episode is a little late, uh, Henry—

**Griffin:**

I'm not sorry. Henry's got fucking crute.

**Rachel:**

Yeah.

**Griffin:**

Deal with it. It's been the worst fucking three days ever.

**Rachel:**

Henry has a really terrible cough that is getting better. Um, but has made our nights a little crazy.

**Griffin:**

It sounded like the devil and I don't wanna be over dramatic, but I'm worried the devil is in there somewhere.

**Rachel:**

If the devil's a barking dog.

**Griffin:**

The Devil's a Barking Dog is my favorite Iron & Wine album.

**Rachel:**

[laughs]

**Griffin:**

That's the end of the show!

[theme music plays]

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**Jesse:**

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Basically, you subscribe to a podcast feed and twice a month or so, roughly speaking, we'll send you an episode of a show and instructions on how to fill out a quick survey about what you think about that show.

Ten questions, nothing too crazy. You'll be hearing existing shows that we're thinking about making changes to, secret pilots of shows that we're developing that you'll only hear this way, uh, shows we're considering adding to the network and what you think about them really matters to us.

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