

## Wonderful! 52: NPR Takeover

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[theme music plays]

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

**Griffin:** What is up? It's Griffin.

**Rachel:** And this is Wonderful!

**Griffin:** [Howls]. The dogs are out tonight. You're shaking your head. You... I— That's the fastest I've ever disappointed you.

**Rachel:** Let's put them back. Let's put them back in.

**Griffin:** That's the fastest I've... I have it on Audacity right now, I can look at the time. 18 seconds and I've disappointed you. Maybe even a little bit faster than that. Shit babe, I'm sorry.

**Rachel:** That's all right. I just— I saw you lean your head to the side, which means that you're trying to get a little far away from the mic because you're about to do something loud.

**Griffin:** I move away from the mic to breathe. Do you remember Chocolate Rain by Tay Zonday? I fucking love that shit still today. Um, and that's my first thing is Chocolate Rain by Tay Zonday. It's very, like, irreverent, and I think it's important, like, today. Its relevant I mean to say.

**Rachel:** I don't have anything to say about it about. I'm sorry.

**Griffin:** About Chocolate Rain? That's too bad.

Um, so this is Wonderful! It's a show where we talk about things we're into. A— A preface, this is probably going to be a shorter one. We're all sort of various stages of being sick, and—

**Rachel:** Do you think people hear that and they just laugh to themselves because it has never ever been true?

**Griffin:** I mean, the best laid plans of mice and men make God laugh when he's hanging out with all his friends, Zeus, Poseidon, they're all hanging out and they find out you got plans to make a short podcast and God's like, "Listen to this chump."

**Rachel:** Mm-hmm.

**Griffin:** Um, at their god party. Um, no, we're not feeling good in some ways and in other ways. I don't know why I put it like that. Also, I'm leaving at... I'm leaving at... Like, I have to wake up at like 4:00 tomorrow to go on tour. Um, and that... I feel like I'm already sick from that. Do you ever have something in— in the future that you look at and you're like, "I'm gonna go ahead and start getting sick from that"?

**Rachel:** No, that's not a thing most people do.

**Griffin:** Anyway, it's already pretty late in the night so we're going to try and keep it tight, but I don't want to skip over the small wonders. Do you have any?

**Rachel:** You know, I am gonna say just lunch.

**Griffin:** Oh, yes!

**Rachel:** Just going out to lunch.

**Griffin:** Oh, going out to lunch, or just—

**Rachel:** Just going out to lunch.

**Griffin:** Okay. I'm—

**Rachel:** It's a treat.

**Griffin:** I'm fine with home lunch too. I'm alright with... Just the idea of just—

**Rachel:** I didn't want to be that broad. I wanted to be a little more specific. I like going out to lunch.

**Griffin:** I am okay with... I don't ever go out to lunch because I work from home.

**Rachel:** Yeah.

**Griffin:** So, like, if I went out to lunch with my co workers it would be like me and Humphrey, my stuffy doll that I keep around for security. I've talked about Humphrey before, right?

**Rachel:** Oh, for sure. For sure.

**Griffin:** My stuffy friend. And we go out to get ramen and it makes a terrible mess. I'm gonna say bathtime with our kid is, like, so fucking dope.

**Rachel:** It is very good.

**Griffin:** It's so good. He's like... He's such a... He's such a treat in there. He's so fun. And he splashes all around and he just has the best time.

**Rachel:** He's real into Row Row Row Your Boat lately, but all he knows is row row row.

**Griffin:** And mer mer mer. He'll do that. He'll—

**Rachel:** Yeah. He'll do merl merl merl.

**Griffin:** Uh, yeah, he's— he's, um...

**Rachel:** It's pretty great.

**Griffin:** A bit of a mush mouth. No, I'm just kidding. He's— He's a child. Who goes first this time?

**Rachel:** I believe it's you.

**Griffin:** I think it is too, but the websites taking a freaking long time to load and I think that's user side, not server side. I would never talk shit about Wonderful!... Oh, no.

**Rachel:** It's cool. I'm good.

**Griffin:** I do go first this week. So my first thing this week is the washing machine, the laundry. Here's what's fucked up. The washing machine that lives in the kitchen that washes the dishes is called the dishwasher. The clothing washing machine that lives in the laundry room or at the laundromat or the garage or wherever the fuck you keep it is not called the clothes washer.

**Rachel:** Well, because you can put sheets in there.

**Griffin:** Shit, you're right.

**Rachel:** And towels. Some people wash towels.

**Griffin:** I washed a hat once in the dishwasher. But you don't call that a dish and hat washer now, do you?

**Rachel:** It's true. You don't—

**Griffin:** Put that down your freaking pipe and smoke it. Well, I— I just debated the— the heck out of you.

**Rachel:** Yeah, no, I am— I am schooled.

**Griffin:** I never did speech and debate in high school.

**Rachel:** Mm-hmm.

**Griffin:** Um, because I, uh, you know, I was a big time jock.

**Rachel:** Yeah, yeah.

**Griffin:** And I think I would have been good at it with, like, little— little ripostes like that. A little parry, a little dodge, and then I come at you.

**Rachel:** Uh—huh.

**Griffin:** Washing Machine's good. It's no secret, folks, Griffin hates doing laundry. It's true.

**Rachel:** Yeah.

**Griffin:** I'm— I'm currently... Today was a three load day. Uh, I realized— I realized today I haven't done laundry since our Disney trip. Which is bad even for me.

**Rachel:** Oh, Griffin.

**Griffin:** Um, I let all my clothes get dirty this time. And I only did it today because I'm about to go on tour and I have literally no clothes left to wear. And this is an unhealthy way of doing things. Um, but I still... I don't think I'll ever change because I just hate... I hate doing the laundry so much. So it might seem disingenuous that I'm choosing the— the washing machine. But the fact of the matter is, if it weren't for the washing machine...

**Rachel:** [laughs].

**Griffin:** I would have the bubonic plague or something from the— the righteous stank that I would just sort of be imbuing.

**Rachel:** This is a dangerous topic for you to bring.

**Griffin:** Oh, no.

**Rachel:** Because it's tempting me to just get all up in your butt on various issues you have related to laundry.

**Griffin:** No, there's a lot.

**Rachel:** But I'm gonna— I'm gonna keep it posi. Because...

**Griffin:** [laughs].

**Rachel:** Because this is Wonderful!

**Griffin:** I basically, I know how much you like Fraggles Rock.

**Rachel:** Yes.

**Griffin:** Let me start there.

**Rachel:** Okay.

**Griffin:** And so, um, I try to—

**Rachel:** Are you calling me a Boober?

**Griffin:** No. Not to your fricking face.

**Rachel:** Boober was the one that liked to do laundry.

**Griffin:** Oh, no. I was saying I like to make you feel, like, comfortable and kind of nostalgic every time you go into where we keep our clothes.

**Rachel:** Oh, the trash heap.

**Griffin:** Because I try to make a trash heap with all of my clothes right next to the hamper.

**Rachel:** Mm-hmm.

**Griffin:** Because, um, there's some jeans in there that still have some mileage left in them. That's honest to god why I do what I do. But this is... Baby, we're unpacking our dirty laundry right now.

**Rachel:** I know. [laughs].

**Griffin:** [laughs] But, okay. So, all things considered, it's kind of incredible that there's this big, wet box that I can throw all of my clothing into.

**Rachel:** Yes.

**Griffin:** Um, a considerable amount of— of clothing that I've spent a month imbuing with all of my various stinks. And then within like two hours it undoes a month of the horrible things I do to them? That's fucking... That's incredible. That's remarkable.

Um, if I was born in any other era I would not have clean clothes. I actually started to look into... This is the truth. I wanted... I was like, "I bet there's a— a fascinating history nugs."

**Rachel:** Uh—huh.

**Griffin:** Um, which is strange actually because, you know, all over the world people are still doing laundry different ways. So it's a tricky subject to, like, get into. But the— literally, the first thing I looked up... I saw while I was looking up this topic was about chamber lye. You know about this? Have you heard about this story?

**Rachel:** [laughs].

**Griffin:** I've done that so much in podcasts lately. I don't know why I keep channeling Jay Leno. I draw the necromantic sig— sigils on the ground and Jay—

**Rachel:** I've heard of—

**Griffin:** Comes through me.

**Rachel:** I've heard of lye before.

**Griffin:** Lye is like old time soap.

**Rachel:** Yeah.

**Griffin:** Uh, it's a chemical—

**Rachel:** What's chamber lye?

**Griffin:** It's like a chemical agent and a lot of times they would get it by, like, drawing water through like the ashes of a fire or whatever, and then mix it with some shit and make soap. Um, chamber lye, you know where else you can get the same sort of ingredients, like ammonia, um, stuff that you would use in soap is piss. So they would... In ancient Roman times... I was reading... Imagine my face reading in ancient Romes... Oh, o— okay. Uh, garments were... Started to become more, like, mass produced. It wasn't something that you, like, made yourself at home.

**Rachel:** Uh—huh.

**Griffin:** And so people needed a way to keep the clothes clean. They did so with chamber lye where they would collect the piss from public restroom areas.

**Rachel:** Oh.

**Griffin:** Turn it right into soap and it would keep the clothes I guess clean? But it's all kind of relative at that point.

**Rachel:** Do you think that'll be on Goop? Do you think that there'll be this return to pee soap because they really had it right?

**Griffin:** I am just so fortunate that I was here for the— for the... I was on this earth at the same time as the— the washing machine. Um, it's pretty— it's pretty amazing. I also learned about the future of washing machines at CES this year, the Consumer Electronics Show. Um, there's a company called Xeros, X—E—R—O—S. Uh, it's working on a— a new washing machine that still uses a little bit of water, but way, way less. Instead it supplements it with what they call zorbs, which are these little, like, pea—sized... Like P—E—A. There's no piss involved with their product. Like, pea-sized balls that do a lot of like the mechanical washing and scrubbing.

**Rachel:** Oh!

**Griffin:** That, like, the water in a typical washing machine that, like, tosses the clothes about and massages them.

**Rachel:** How do you get the soap out, though?

**Griffin:** The— The water. There's still water.

**Rachel:** Oh, there's less.

**Griffin:** But it's mostly... It's mostly zorbs. I think they said, like, it uses like six to eight gallons of water less than a traditional washing machine.

**Rachel:** What—

**Griffin:** Which adds up.

**Rachel:** What if I tried to recreate something similar and I get like a big plastic tub and I put a bunch of marbles in it.

**Griffin:** Yeah, I don't—

**Rachel:** And maybe, what? Like a tablespoon of water?

**Griffin:** Yeah, or a, you know—

**Rachel:** And just shake it.

**Griffin:** Why water? You know, we got to save and conserve water. Why not pour some La Croix down there?

**Rachel:** Or some urine.

**Griffin:** Or some pee pee. Washing machines are great. Dryers can fuck off, though. What's your first thing?

**Rachel:** My first thing... My first thing is a delight to say out loud. Just to start. Pumpernickel.

**Griffin:** Really, though?

**Rachel:** I love pumpernickel and you never see it where you want to see it.

**Griffin:** In your mouth specifically? I don't know that I've ever seen you eat and enjoy... I love a pumpernickel loaf. We just... It's not around here really.

**Rachel:** That's the thing. I would have more of it if more was available.

**Griffin:** Sure.

**Rachel:** Uh—

**Griffin:** Doesn't taste like any other bread does it?

**Rachel:** It... Well, so it has a similar, like, uh, composition to like a sourdough or a rye.

**Griffin:** It is sour, yeah.

**Rachel:** Mm-hmm.

**Griffin:** Sorry.

**Rachel:** A lot of times you'll get a rye or sourdough.

**Griffin:** Right.

**Rachel:** Pumpernickel, though. What a treat.

**Griffin:** Pumpernickel is fun.

**Rachel:** Mm-hmm.

**Griffin:** It's the— definitely the most fun bread.

**Rachel:** It is.

**Griffin:** Like, this is a bread that you can go after work, you can take this bread out to like Chili's and have, like, one too many margaritas, and then this bread will, like, say some shit about your co workers and you're, like, "Pumpernickel you're so bad."

**Rachel:** [laughs] Um, yeah, it's— it's something actually now that its mass produced, you can't get real, authentic pumpernickel. Like, I don't know for sure that I've ever actually had authentic pumpernickel.

**Griffin:** What's that even mean?

**Rachel:** Well, so now since its mass-produced, they add a lot of the brown color and the, like, sweet flavor. Whereas previously, it didn't contain any kind of coloring agents. But things like molasses, coffee and cocoa butter are more common to be found now when you buy like a mass-produced loaf of pumpernickel.

**Griffin:** How'd they get it so dark and sweet then?

**Rachel:** So they used to, like, bake it in a long pan for 16 to 24 hours in low temperature, at like 250 degrees Fahrenheit in like a steam oven.

**Griffin:** Interesting.

**Rachel:** Which isn't really easy to do when you're mass producing it.

**Griffin:** Sure.

**Rachel:** Uh, but was used with like a sourdough starter and coarsely ground rye, and the— the cooking process itself made it, like, give it that deep brown color.

**Griffin:** Um...

**Rachel:** And the flavor.

**Griffin:** Is that... Do you then take the pumpernickel and further, like, dry it the hell out in order to make Melba Toast? I've never put two and two together is that where Melba Toast comes from?

**Rachel:** Oh, babe.

**Griffin:** What?

**Rachel:** I have no idea.

**Griffin:** [laughs] All right. Let's just say that, yeah, it's— it is what Melba Toast turns into.

**Rachel:** So what do you think is the story behind that unusual name Pumpernickel?

**Griffin:** Oh, I bet I'm about to find out.

**Rachel:** You are about to find out. Come with me.

**Griffin:** Okay.

**Rachel:** Are you ready to go to the pumpernickel corner?

**Griffin:** Hold on. Those are my feet slapping against the marble floor of my office.

**Rachel:** [laughs] There so many fun stories about the origin of this word.

**Griffin:** [laughs] This is the mo... Have we even... By the end of this segment our— this show will be on NPR. Like, we won't have to submit it or anything. There'll be like some like station manager who's like— like sonar, who's like internal radar will peak and be like, "Is somebody's giving interesting factoids about the history of pumpernickel?" And he'll press a button and our podcast will just be on NPR somewhere.

**Rachel:** Uh, so just to— just to get your, your motor running. [laughs].

**Griffin:** [laughs] I am rock hard right now.

**Rachel:** Uh, the OED does not commit to any particular etymology. And the first use in English was 1756. So there is a fun story about how, uh, the origin is Germanic. Uh, which pumper was a new high German synonym for being flatulent. And nickel was a form of the name Nicolas, commonly associated with a goblin or devil.

**Griffin:** Oh my God.

**Rachel:** Hence pumpernickel could potentially mean the devil's fart.

**Griffin:** Oh my God.

**Rachel:** Isn't that fun?

**Griffin:** Take us out Terry Gross. That was my shit.

**Rachel:** We're not done yet.

**Griffin:** It... There's nothing that's going to be better than that.

**Rachel:** This has been proven untrue by Snopes, this next one here.

**Griffin:** Oh, what about the devil's fart one? Has anybody—

**Rachel:** I have not seen anybody disprove that one.

**Griffin:** Okay.

**Rachel:** According to folktale, Napoleon declared that a bread he received while invading Germany was not suitable for his horse, Nickel. So he said, "C'est du pain pour Nickel."

**Griffin:** This one doesn't... I believe devil fart over this one. You said Snopes already shot this one down, right?

**Rachel:** Uh, however the name Nickel is not confirmed for any of Napoleon's many horses.

**Griffin:** No, no, no, no. This is bullshit.

**Rachel:** Which I love the fact check on that.

**Griffin:** No way.

**Rachel:** "There was no horse named Nickel for Napoleon."

**Griffin:** You get... The next fact could be like, the bread was invented by a Derrick Pumpernickel, and I'd still be like, "I think it's the devil's fart one I believe."

**Rachel:** [laughs].

**Griffin:** Very strongly with all my conviction.

**Rachel:** So Napoleon declared the bread was no good for him but only good for his horse. And so I guess if you say bon pour nickel, it sounds like pumpernickel.

**Griffin:** I guess.

**Rachel:** But yeah, that Snopes has a whole thing about how that is not true.

**Griffin:** There's a very, like, avid pumpernickel fan over at Snopes.

**Rachel:** So kids, you may hear some things in the schoolyard about Napoleon and Pumpernickel. But they are not true.

**Griffin:** Oh, man.

**Rachel:** Uh, but... But, man, I love it. So you can mostly find it in like delis, like, I guess more authentically. Uh, it's— it's so good on a sandwich. It brings so much flavor.

**Griffin:** I was just about to say, I don't know that I've actually ever had a sandwich with pumpernickel bread. In my mind it's always slices or rolls with like nice butter or some sort of topping on it.

**Rachel:** Oh, Mm-hmm.

**Griffin:** But I don't— I don't—

**Rachel:** I used to love it so much I'd have like a peanut butter and jelly on pumpernickel.

**Griffin:** That is fucking wild.

**Rachel:** I know.

**Griffin:** That is a lot of flavor to come at your— to your young mouth.

**Rachel:** Mm-hmm, Mm-hmm.

**Griffin:** That is a lot. That's wild.

**Rachel:** Pumpernickel.

**Griffin:** Pumpernickel. Damn, babe. I— I very much want to eat pumpernickel bread right now. And I don't think I'll be able to scratch that itch because it's very late and I leave at 4:00 in the morning.

**Rachel:** [laughs].

**Griffin:** Do they have a pumpernickel in the Pacific Northwest?

**Rachel:** I'm sure they do.

**Griffin:** I bet. Oh, I bet you Portland's got that pumpernickel game on fucking lock.

**Rachel:** That's bread country.

**Griffin:** Are you kidding me?

**Rachel:** Mm-hmm.

**Griffin:** Okay. Uh, hit me up on... Well, I haven't been on Twitter in like a month. But hit me up psychically, let me know where the good bread is. And let's go steal us away.

**Rachel:** You want to go this time?

**Griffin:** I want to go this time. How do you do the thing where you like make an O with your mouth and you slap—

**Rachel:** I have never been able.

**Griffin:** Ow! Ow!

**Rachel:** Don't. Griffin stop. Griffin stop. No.

**Griffin:** Oh!

**Rachel:** [laughs] Griffin?

**Griffin:** Yeah.

**Rachel:** Zola does the weddings.

**Griffin:** Sure.

**Rachel:** And not just like... Not just like one part of the wedding.

**Griffin:** The whole kit and the caboodle?

**Rachel:** Every piece of the wedding pie.

**Griffin:** Right.

**Rachel:** Is Zola.

**Griffin:** We don't talk about wedding pie enough.

**Rachel:** I know, but we should.

**Griffin:** We should.

**Rachel:** Just a multi tiered pie.

**Griffin:** Very messy.

**Rachel:** [laughs] Um, oh, I don't know if you could freeze that and then eat it on your one year?

**Griffin:** Probably not. But this is not what the Zola wants us to talk about. Probably.

**Rachel:** No, not at all. Okay, so let's say you are planning a wedding.

**Griffin:** And I am.

**Rachel:** What?

**Griffin:** No. Just playing.

**Rachel:** [laughs] And you need things like venue and invites and registry. and all of that can be done through Zola.

**Griffin:** That's wild.

**Rachel:** Um, and when we did our wedding, we didn't use Zola.

**Griffin:** We didn't.

**Rachel:** And it was just kind of a spreadsheet with just general, like, "Oh, you know what we should probably... And, have we done this yet. And I don't..."

**Griffin:** It looked like we were trying to solve some sort of complex crime in a Google spreadsheet.

**Rachel:** For any kind of wedding you want, there's one place to start, Zola. Zola has everything you need all in one place. They thought of everything venues, invites, registry, and more. And they'll be with you every step of your wedding planning journey. Start planning the wedding you want at [zola.com/wonderful](https://zola.com/wonderful). That's Z—O—L—A.com/wonderful.

**Griffin:** It's new jeans day.

**Rachel:** Oh!

**Griffin:** Happy new jeans day everybody. I—

**Rachel:** Oh, are those new jeans?

**Griffin:** these are new jeans that I received in my latest Stitch Fix box that I cracked open yesterday.

**Rachel:** They look... They look real good.

**Griffin:** They make the tuchus look like \$100 bucks—

**Rachel:** Well, and the legs look so long.

**Griffin:** The... Well, I... Well, these peg— get away pegs go all the way to the ground, baby.

**Rachel:** Did I make you a little embarrassed?

**Griffin:** Stop it. Anyway, Stitch Fix is what I go to when I need clothes and you know how they work. They work very well. You fill out a little profile quiz, talking about your sizes and what kind of style of clothes you like and how much money you want to spend on clothes. And then you can either sort of work with a— a— a— a Stitch Fix a team member who will send you five pieces that fit your style, size and price range. Then you keep what you want and you return the rest of... And there's free shipping for that of course. Uh, or you can take the power in your own hands with Stitch Fix Freestyle, which curates like a whole shop for you following your your profile quiz. And it's— it's the— it's the best way to get clothes for me because I do not like clothes shopping at all.

**Rachel:** Yeah. Well, and Griffin I used to pick up clothes like at the same place that we also got like orange juice and a hammer.

**Griffin:** Yeah.

**Rachel:** And I feel like it's good now to just go to the clothes place where they only have clothes and they're good at clothes.

**Griffin:** For you specifically. Right. So get started today by filling out your free style quiz at [stitchfix.com/wonderful](https://www.stitchfix.com/wonderful) and take advantage of free shipping and returns. [Stitchfix.com/wonderful](https://www.stitchfix.com/wonderful).

Do you have your phone?

**Rachel:** I can come sit where you sit.

**Griffin:** Yeah, you're gonna have to come sit where I sit. Okay, we had to switch seats so that you could... Oh, this is a nice microphone. It's got your scent. Oh, your musk.

**Rachel:** [laughs] That's a strange thing to say.

**Griffin:** Thanks.

**Rachel:** Uh, so this message is for future Lucas. It is from past Lucas. Hey, Lucas. You've been getting pretty good at this whole loving yourself thing. And I'm sure by now you're even better at it. I don't actually know what's up in your life right now because that's not how time works. But I'm optimistic. School going well? You came out? Maybe even got a cat? Only time will tell. Keep smiling, my dude. You've got this.

**Griffin:** You know all those things got crushed. Got done. Check, check, check. Bucket list... Probably not bucket list. I don't think you ever talk about a bucket list unless— unless it's in the context of like a— an older person.

**Rachel:** Yeah, I don't want that for Lucas.

**Griffin:** No, it's a.. What's it... Like, we need a cool like young bucket list. Like a... Uh...

**Rachel:** Like a— Like a— Like a— Like a scoop agenda.

**Griffin:** A scoop a...

**Rachel:** [laughs].

**Griffin:** A scoop agenda is true. And, uh, Lucas, you got this. You got it.

**Rachel:** This next message is for Zach and it's from Jen.

**Griffin:** Zack attack. Go ahead.

**Rachel:** I bet you just really activated something in him. I'm sure he's heard that many, many times.

**Griffin:** Really?

**Rachel:** Yeah.

**Griffin:** I bet that's... That might be the first...

**Rachel:** Yeah.

**Griffin:** I bet that might be the first time.

**Rachel:** I don't... All right.

Hey, Zack. Thanks for being the best brother I could ask for. You're always there to nerd out with me when we find any sort of media to consume and I can always count on you for advice on my D&D characters. Also, swapping pictures of our cat children is my favorite pastime. I couldn't have asked for a better friend and sibling. You're wonderful.

**Griffin:** That is very, very, very nice.

**Rachel:** That's very nice. I'm glad to know there's siblings out there that get along well. Uh, because that's not always the case.

**Griffin:** Yeah, that's, um... And this is probably a weird sort of turn for the show to take. But sometimes there's siblings that just hate the crap out of each other, man.

**Rachel:** [laughs].

**Griffin:** Cain and Abel, not— not buds.

**Rachel:** Yeah, no, that's true.

**Griffin:** One famously killed the other with a big rock.

**Rachel:** Mm-hmm.

**Griffin:** So, this is not— this is... This is wonderful.

**Rachel:** You want to switchback?

**Griffin:** Yeah, I don't like being over here. It's right under the AC vent. How are you not cold all the time?

[ad break]

[music plays]

**Guy:** Pop Rocket panel, we have just 30 seconds to prove to Maximum listeners that we know what the F we're talking about when it comes to pop culture. All right, you guys let's go. Famous Chrises.

**Margaret:** Walken.

**Wynter:** Christoffersen.

**Margaret:** Hemsworth.

**Guy:** Karen, what's the most iconic lesbian snack?

**Karen:** The wings at Hooters.

**Guy:** The answer is fried green tomatoes. Margret, what is the Marvel cinematic universe missing?

**Margaret:** My interest.

**Guy:** Wynter, name someone who will EGOT in your lifetime.

**Wynter:** Ike Barinholtz.

**Guy:** That's beautiful. Top Gear or Top Model?

**Karen:** Sadly, I have to say Top Gear.

**Guy:** The clear answer is Top Chef.

**Margaret:** But Top Model taught us about smizing.

**Guy:** Pop Rocket. Smart takes on everything. Catch us every Friday on Maximum Fun.

[music and ad end]

**Griffin:** Hey, can I tell you about my second thing?

**Rachel:** Uh—huh.

**Griffin:** (Singing). You know that song? (Singing). Do you know that song?

**Rachel:** I mean, it sounds familiar.

**Griffin:** (Singing). If I keep doing it w— will that help?

**Rachel:** It sounds a little bit like the Six Flags guy's song.

**Griffin:** [laughs] I've never been so insulted in my entire life.

It's... Yeah, it's the... That's the popcorn song. And I want to talk about popcorn. Not the popcorn song. That would be cool, though. If we did like music from now on, but we like had to do it ourselves at the top of the segment. Um, but no, I think I just want to talk about good old popcorn. Do you know about this?

**Rachel:** Uh, about popped corn?

**Griffin:** Mm-hmm.

**Rachel:** Yeah, I've had it.

**Griffin:** It's like regular corn. They make it super hot and it gets weird and like really crunchy. Um, and it's hard for me to know how much I actually like popcorn for popcorn and how much I like it because, uh, it's— it's a special occasion food in my mind. Like, you— I— I rarely... And I know there probably are some people. I see popcorn sold in big bags at the grocery store like the— the... Uh, what was it?

**Rachel:** The microwave popcorn, dude.

**Griffin:** I know, I know. But when you microwave popcorn, it's for a movie time. Right? The— Th... Here's the argument I'm making. When you buy it pre—popped in like the big bags and you're, like, you're having it as a snack when you get that 3:00 PM feeling. I don't understand that. If it's a movie time and you pop a bag, yes, for sure. That's what I'm talking about. I don't know if I like the popcorn—

**Rachel:** Not in my household, man.

**Griffin:** Oh.

**Rachel:** Popcorn was an anytime food.

**Griffin:** I guess around the holidays if you have it in the big tin. Oh, that's a good... When you get one of those big tins. My dad would go to a holiday, uh, Christmas party, a holiday Christmas party for the his— for the radio station, and, um, every year he'd come back with a big—

**Rachel:** You're saying that, but we gave out popcorn as a favor at our wedding.

**Griffin:** I was gonna get there.

**Rachel:** [laughs].

**Griffin:** Anyway, I'm big into the idea of food as like flavor vehicles, obviously. I've talked about waffles. And I don't know that you can— you can beat... Is there anything better transmitting flavor than— than popcorn? It is essentially a blank canvas that you paint flavors upon, and then it— it delivers them and you get to decide how much that flavor you want because it comes in these— just these little— little— little pieces. And I'm very enthusiastic about that. Um, if you are the type of person who eats like unbuttered, unflavored popcorn, I don't understand it. Like, the healthy popcorn, I don't... I've— I've tried to explain this so many times just in this one segment. The big like chick chick pop, chick boom. Do you know what I'm talking about?

**Rachel:** Oh, um, Boom Chicka Pop? Is that right?

**Griffin:** Would the unsalted, like, unflavored popcorn, I don't understand why you would... Why— Why you eat that. There are worlds... If you— If that's all you've ever had, there are worlds, beautiful worlds beyond the one that you currently occupy and I want to take you to them. Um, the first time I had artisanal popcorn was at Cornucopia, which is a place in town where, yes, we did give that away in little mason jars as a wedding favor. Because one, I think that a good wedding favor is something that people are actually going to use. They're not going to use the— the soap thing.

**Rachel:** [laughs].

**Griffin:** They're not gonna—

**Rachel:** You know what's a popular wedding favor? Is Jordan almonds.

**Griffin:** Jordan almonds are dope. Yeah, we got those when we went to a wedding in New Orleans. I remember very, very clearly. It came in a little silk bag—

**Rachel:** I don't care for them.

**Griffin:** Oh, okay.

**Rachel:** [laughs].

**Griffin:** Cool. I like them quite a bit. We gave away a popcorn and it came in mason jars because we're, um, we're— we're free spirits who live in Texas. So we

had to do mason jars somehow. Um, did we use mason jars as like drinking glass? That would've been too much.

**Rachel:** The venue— the venue we used definitely had like a mason jar quality to it.

**Griffin:** Okay, yeah, they were certainly— they were certainly present. Um, it honestly took me a while to get back here to the place where I love popcorn after working in a movie theater. They do everything they possibly can to break you of your love of popcorn. I did most of that work myself because I would bring a garbage bag of it home to my— my roommates.

**Rachel:** Do you do that liquid butter?

**Griffin:** Uh, yes.

**Rachel:** Oh, no.

**Griffin:** Wow, we're really on the—

**Rachel:** Now— No, we're on different pages here. I just don't like... You know me. I don't like a mess.

**Griffin:** I don't get messy.

**Rachel:** When you eat it you get all slippery.

**Griffin:** Okay.

**Rachel:** [laughs].

**Griffin:** If that's your threshold for what a mess is, I can understand why the— the trash pile, laundry monster affects you so much.

**Rachel:** I'm just saying pumpernickel doesn't get you slippery.

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

**Rachel:** [laughs].

**Griffin:** Um, it just— it occupies... The regular, like, buttered, salted, like, movie theater popcorn occupies like a very specific, like, flavor profile for me.

**Rachel:** Mm-hmm.

**Griffin:** And that flavor profile is a— is— is a relief when you have too much of the sweet. When you have too much of the sweet, you eat too much of that sweet movie theater candy and you need to savory, this popcorn is, like... Or with, uh... I— I went to the Hell-in-a-Cell down at the San Antonio and saw all of the wrestling that they had on display. And I had two big horrible beers. That is, two— two large Miller Lights.

**Rachel:** [laughs] Uh—huh.

**Griffin:** Two, um, chi— child—sized, by which I mean the size of a child, Miller Lights.

**Rachel:** [laughs].

**Griffin:** Uh, and I drank them. And they cost me like \$30 bucks and they were— they were, you know, they were what they were, and then I had a popcorn after that. Oh my god. The popcorn was so good and so necessary.

**Rachel:** [laughs].

**Griffin:** Um, yeah, I just love popcorn. It's— It's... What's funny is, like, I don't actually eat it that much anymore. Because Alamo Drafthouse is kind of like with their... Alamo Drafthouse has like full dinner menus, and that has kind of phased popcorn—

**Rachel:** Exactly, yeah.

**Griffin:** Out most of my movie going experiences. But if I'm at like a baseball game or any other kind of like occasion where they, you know, are selling— selling popcorn, I will always go for it.

**Rachel:** Oh, just the fragrance gets me, like, ready to go, man.

**Griffin:** The fragrance is... But again, working at the movie theater, I smelled burned...

**Rachel:** Yeah.

**Griffin:** Burn— Burned popcorn like in your microwave, that's bad. Burned popcorn on like, like, a large scale, like at a movie theater, it is apocalyptic. It is so bad. But good popcorn's good. What's your second thing?

**Rachel:** My second thing is gossip.

**Griffin:** Baby.

**Rachel:** I know.

**Griffin:** [laughs].

**Rachel:** Come with me. Come with me on this one.

**Griffin:** Okay.

**Rachel:** I found so much research and interesting facts about gossip. I gotta tell you, I feel guilty.

**Griffin:** Yeah.

**Rachel:** I do.

**Griffin:** Yeah.

**Rachel:** I never enjoy, you know, that it exists.

**Griffin:** [laughs].

**Rachel:** You know that feeling, Griffin?

**Griffin:** I— I know the feeling. I just want to say at the top, I am so excited to watch you walk the tightrope of being like, "It's not good, but it's so good."

**Rachel:** [laughs] You know that feeling you get? Like, when you get some good juicy gos?

**Griffin:** Can we lay out some definitions of good juicy gos? Because I think— I... Wh— What concerns me is there's definitely bad gos. The spreading—

**Rachel:** Oh, for sure. For sure.

**Griffin:** The spreading of like lies. Especially like about your close friends who like you really shouldn't be—

**Rachel:** Yes. And a lot of people, and I think every person, has been the victim of some unfortunate gos.

**Griffin:** For sure. That's—

**Rachel:** But that feeling, Griffin.

**Griffin:** It's okay.

**Rachel:** [laughs].

**Griffin:** Of the good, juicy gos.

**Rachel:** Yeah.

**Griffin:** Not of the lies.

**Rachel:** Yeah.

**Griffin:** Of the good, the— the— the— the sweet gosling.

**Rachel:** Yeah.

**Griffin:** Okay.

**Rachel:** And I don't even want to give examples because it is mostly hurtful. [laughs].

**Griffin:** [laughs] This is the wildest thing you have ever brought to the show, for sure, not even close.

**Rachel:** There— There have been so many researchers that have looked into that— that— that good gossip feeling. Uh, a research team in 2014, and I found this in Psychology Today, from the University of Amsterdam found that 90% of total office conversations qualify as gossip.

**Griffin:** How many percent?

**Rachel:** 90%. [laughs].

**Griffin:** Christ alive.

**Rachel:** Uh, anthropologists believe that through human history gossip has been a way for us to bond with others and sometimes a tool to isolate those who aren't supporting the group. [laughs].

**Griffin:** [laughs] That's a really... Anthro... That's a very, like, anthropologist way of saying like, "Yeah, it's a really shitty thing to do to someone for the most part."

**Rachel:** In 2015 there was a study funded by the National Science Foundation, uh, that demonstrated that people get a hit of pleasure in their neural reward centers after hearing negative gossip about celebrities. In contrast, they didn't get much of a lift from hearing positive tattle, no matter how much they tried to pretend otherwise.

**Griffin:** That part bums me out for sure, for sure, actually for sure. That is— That's— That— That one is a bitter pill to swallow. Some friendly gos between coworkers I'm into.

**Rachel:** Yeah.

**Griffin:** The idea that negative things being said about public figures is, like, infinitely more, like, cerebrally, emotionally rewarding than positive news is like actual, like, terrifying news for me.

**Rachel:** There was another study. Uh, and this one... I don't know how valid this one because they only studied 300 people. Uh, and this was in the London Daily Mail. Uh, it was done by not... Dr. Nicholas Emler, uh, found that 80% of conversations are spent on discussing other people and their habits.

**Griffin:** In general?

**Rachel:** Of the 300 people they— they studied.

**Griffin:** 80% were about other people and their habits?

**Rachel:** Mm-hmm. So here's the thing. All right, guys, I know, I know, I know, Griffin. I know. But it's all anybody's doing.

**Griffin:** It's... Well, except for one out of every five people aren't doing it.

**Rachel:** Okay, this is the final one I— I wanted to share. A 2012 experiment at UC Berkeley found that people who witnessed immoral behavior felt better once they gossiped about it to people who might have been affected.

**Griffin:** [laughs] Oh, to people who might have been affected.

**Rachel:** Yeah.

**Griffin:** Now that's another... That's a horse of a different color, isn't it?

**Rachel:** They were helping to spread the news, and therefore raise the possibility that the person in question would be punished.

**Griffin:** But not by me, because that's... I've got a lot on my plate. That's the best fucking thing ever. Are you kidding me? I mean, it's awful, but it's the best shit ever. "Oh, I feel so much better now that I've gotten it off my chest and had no... In no way had any responsibility in fixing it or making it actually better in any way."

**Rachel:** [laughs] So I hesitate, of course, to call gossip wonderful. I would never say that. What I'm talking about is just that feeling. Just that gossip feeling.

**Griffin:** [laughs].

**Rachel:** You know? [laughs].

**Griffin:** Yeah, that'll definitely hold up in podcast court. "I wasn't talking about gossip, obviously. Jury. We can all agree— "

**Rachel:** It's just that feeling. It's like when you're scratching a bug bite and you know, "Oh, this is probably going to be a problem if I keep scratching it." But in this moment, oh, scratching it feels good.

**Griffin:** Yeah.

**Rachel:** [laughs].

**Griffin:** I don't know, man. I'm trying— I'm trying to be a team player here.

**Rachel:** I know. I know.

**Griffin:** I know— I know exactly what you're feeling.

**Rachel:** And it is a real problem. Honestly, I would say a lot of my friendships as a teen were founded on gossip, and I do not feel good about that looking back. I feel like a lot of people relate to each other through gossip. And I don't think that's good either.

**Griffin:** What brushes... W— the reason that brushes me in like a weird way, is I have— I have lived my life since like high school, when I was like not a very, like, um, self—assured person at all.

**Rachel:** Mm-hmm.

**Griffin:** And in a lot of ways I'm— I'm wicked still not. But the only thing that, like, gets me— gets me through and it has like allowed me to sort of assert myself in the ways that I do, is this idea that everybody is so focused on their own shit all of the time that they are not actually paying that close attention to, like, what you're wearing as you like walk the halls of your high school today.

**Rachel:** But gossip makes you think that's not true.

**Griffin:** The fact that apparently 80% of people, conversations are about other people is a lot.

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

**Griffin:** But they're not talking about me walking down the high school in my fucking bowling shirt and carpenter shorts and— and— and, you know,

skateboard shoes, that I've never used for skateboarding. They're talking about their friends, aren't they?

**Rachel:** Yeah.

**Griffin:** Aren't they?

**Rachel:** I mean, sometimes. But sometimes you're gossiping about that teacher who you're pretty sure wore that outfit yesterday.

**Griffin:** Uh-oh.

**Rachel:** You know?

**Griffin:** Yeah. Um...

**Rachel:** I— I— I— debated whether or not to bring this. And I recognize that there's a lot of hurtful gossip, but I think there's room for just taking pleasure in just sharing some office gossip. I actually read... A— A lot of the research I was reading talks about the benefits of office gossip and that it can relieve some stress and get you closer to your co-workers. Um...

**Griffin:** Just— Just— Just not... Just not that one. [laughs].

**Rachel:** [laughs].

**Griffin:** It gets you really close to all of your... Almost, pretty much statistic... There's one statistical sort of anomaly and we can just factor that completely out of the conversation. It gets you close to all of your office co-workers.

**Rachel:** [laughs].

**Griffin:** Law of large numbers. Like, we're... It's— It is insignificant if there's a—

**Rachel:** I knew this was going to be a challenge for you, Griffin, because you're a very sweet kind hearted man.

**Griffin:** No, I mean, I talk shit. But like...

**Rachel:** There's a whole industry based around celebrity gossip. And I— I believe—

**Griffin:** I despise it.

**Rachel:** I believe that it is unfair to many of the celebrities that are gossiped about.

**Griffin:** Yes, for sure.

**Rachel:** That said...

**Griffin:** Oh, man.

**Rachel:** People love to get those magazines in airports. Just sit on a plane and eat your peanuts and— and— and read about what's happening in the fancy world of Hollywood.

**Griffin:** Yeah.

**Rachel:** Or not happening probably.

**Griffin:** Probably, definitely not happening. Yeah, I mean, that's a horse of a different color. Let's just to close this segment out, again, narrowly tailor good, benign gossip between friends. Benign gos... Benign gossip between, uh, friends and colleagues...

**Rachel:** Mm-hmm.

**Griffin:** Is... And the feeling that... The feel— The feeling that you get from benign gossip between friends and colleagues...

**Rachel:** Mm-hmm.

**Griffin:** Is good.

**Rachel:** [laughs] Yes.

**Griffin:** Everything else is pretty bad.

**Rachel:** Yes.

**Griffin:** But it's so good.

**Rachel:** Right? The feeling, Griffin.

**Griffin:** Yes, the feeling is quite good. That's— That's a good... That's I want to be... That one's going to be on my mind on the flight tomorrow. I'm going to be thinking about that one a lot.

Um, I have some submissions from our friends. Do you want to hear it?

**Rachel:** Yes.

**Griffin:** This says anesthesiology. No, that's the wrong document. Here we go. Lily says, "Writing with a fountain pen is wonderful. I love the feeling of the metal nib on paper. The way the ink glistens until it dries. The way it comes apart so I can refill it from my ink bottle. I like all the little rituals it calls for, turning simple tasks kind of magical. I even like the ink on my hands." I was with you till the last thing. Cannot stand having ink on my hands. The rest of it sounds totally sick.

**Rachel:** Yeah, I do— I do love the look of a fountain pen.

**Griffin:** For sure. Um, Tasha says, "Planetariums are wonderful. You can learn about the universe, get a cool 3D science experience. And maybe do a kiss in the dark." If you live near a—

**Rachel:** [laughs].

**Griffin:** No, it says that. "If you— If you live near a university or museum there might be one tucked away you've never realized existed, and the shows are usually cheap or sometimes free."

**Rachel:** I don't know that I've ever been to one.

**Griffin:** I thought you were going to say, "I've never kissed, uh, at a planetarium." You've never been to a planetarium, really?

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

**Griffin:** Uh, we went to one together in either New York or DC. So definitely in one of those museums, for sure. Absolutely we did.

**Rachel:** Huh, okay.

**Griffin:** Uh...

**Rachel:** I guess we didn't smooch.

**Griffin:** No, we did not.

Here's one from Laura who says, "A small wonder if mine is giving 41 cents of change back. I work retail and counting back 41 cents always feels incredibly satisfying because I take one coin from every drawer. It feels very well rounded and I always smile when it happens." I love that shit.

**Rachel:** Oh, that's nice.

**Griffin:** That's really, really good.

**Rachel:** Oh, that is perfect.

**Griffin:** Um, so that's gonna do it for us this week. Thank you so much for listening. Where are we at? What do we do? Uh, we're not even at 40 minutes yet. This was a good, tight one. I feel like this is about where I expected it to end up. Apologies for it being a little bit short, but damn, we are— we are right under that gun.

Um, thank you to bo en and Augustus for the use of our theme song, Money Won't Pay. You can find a link to that in the episode description. Um, hey, can you give some shoutouts to Maximum Fun?

**Rachel:** Um, Maximum Fun is the network that hosts our podcast. They also host a lot of other fantastic podcasts. Podcasts like One Bad Mother, and Beef and Dairy Network, and Oh No, Ross and Carrie and a lot of other really great ones. You can find them all at [maximumfun.org](http://maximumfun.org).

**Griffin:** You can find the other stuff we do at [mcelroyshows.com](http://mcelroyshows.com). Is that it? Are we... Is that it?

**Rachel:** You want to hear more about pumpernickel?

**Griffin:** Um, yep... I mean, do you have any fun... And more fun anecdotes about the, uh, ep— epidemi— esps— epidemiol— epa— es— epidemiology? What's the word that means how the word came from?

**Rachel:** Etymology.

**Griffin:** Epiknowle— Epiknowledgy?

**Rachel:** Uh, the word stems from an old Bavarian term for hard.

**Griffin:** [laughs] Oh, god. And then I'm going to... Instead of our normal outro, I'm just going to cut in the, uh, the music for all things considered right here.

[theme music plays]

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