

Wonderful! 40: Sheet Fighter

Published June 27th, 2018

[Listen on TheMcElroy.family](https://www.themcelroyfamily.com)

[theme music plays]

Rachel:

Hi, this is Rachel McElroy.

Griffin:

Hello? It's Griffin McElroy.

Rachel:

And this is Wonderful.

Griffin:

Damn, Daniel, back at it again with another episode of our podcast.

Rachel:

I can't believe that's the first time you've used that.

Griffin:

Yeah, I was downstairs in the kitchen right before we came up here to record. And I was like, what—

Rachel:

[laughs]

Griffin:

... what the people love a, sort of, like, silly thing that I say at the beginning of the show to introduce it. Um, and I was like, "I miss Damn Daniel." Um, not just the phrase, but, like, the whole situation of it. I guess.

Rachel:

I tell you, I didn't know that was a thing until The, uh, Bachelorette.

Griffin:

Really?

Rachel:

Yeah, until that actual guy named Daniel brought it to the table.

Griffin:

Well, ram Rachel that's, uh, that's pretty wild. It, sort of, took the America by storm, including me and I... even every night when I said you were before you went to sleep, I would give you a gentle kiss on the lips—

Rachel:

[laughs]

Griffin:

... like two feathers brushing against your lips. And then—

Rachel:

Okay.

Griffin:

... um, I would say to you, I love you good night. Say your prayers and do a sweet dreams and damn Daniel. Every night and you didn't even, like, bother to Google it. Why I said that to you every night?

Rachel:

You know, I guess I never put it together there.

Griffin:

Anyway. It is a podcast about damn Daniel and it's called Wonderful. Um, it's the name—

Rachel:

[laughs]

Griffin:

... doesn't work with the... what the show's about, but we talk about, like, everything. So, like, we did an episode last week if you missed it about, like, the white kids and where you could find them. And then we did an interview with damn Daniel himself and just, sort of, talked about what, like, his life has been like.

Rachel:

We did that, uh, that episode on famous Daniels throughout history.

Griffin:

Yeah. And the show hasn't taken off yet, but I think that's just 'cause we have the explicit tag on iTunes 'cause we do, we do say the D word a fe— a few times—

Rachel:

[laughs]

Griffin:

... we've said it... we said it a few times since we've been doing it. But um, maybe this episode instead talking about our, our best friend, Damn Daniel, we could, uh, talk about things that we like.

Rachel:

I would like that, especially if you went first.

Griffin:

I do go first this week, but I think we should both go first with the hot corner, small wonders.

Rachel:

[laughs]

Griffin:

Whoa. I really took it back there to the thing that we only called it that one week. Uh, you got any of those little guys I like so much?

Rachel:

You know, I was trying to think of a small wonder all day.

Griffin:

Oh, oh.

Rachel:

I got nothing.

Griffin:

Yeah it's tough out here.

Rachel:

[laughs]

Griffin:

Stuff out here. Maybe it's just because everything you see, you have so much love for it in your heart that it's like big wonders.

Rachel:

Yeah.

Griffin:

And so you don't want to burn them all down.

Rachel:

There you go.

Griffin:

Um, I want to talk about, uh, SGDQ. Summer games done quick. It's back. It's better than ever. Every time it happens, Rachel says the thing, which is, "I can't believe it's going on again. I can't believe it's... It just feels like it was last week."

Rachel:

[laughs] Feel like every time it goes on you talk about it on the show.

Griffin:

Yeah, I do. 'Cause it's great.

Rachel:

[laughs]

Griffin:

Uh, I have managed to get, like, way deeper into, like, the speed running scene than even I was when we... I guess, when it last rolled around in January.

Rachel:

Can I ask you a question about this actually that I just occurred to me?

Griffin:

Yeah.

Rachel:

Do the same people come back every year and speed run the same things.

Griffin:

Uh, no, they have a different schedule of, of games.

Rachel:

Mm. Okay.

Griffin:

You know, new games come out and some games are, like, better suited for speed runs than others. But sometimes they bring 'em back. Show open this year with Banjo Tooie, which you're, like, Banjo Tooie. They did that one, like, three years ago and they're already doing Banjo Tooie again. Well, all the strategies have evolved and changed and they've found so many new ways to, like, burn that game, the down that they just brought it back at the end because it's just a completely different run. And that shit I find very fascinating.

Rachel:

How do they, oh gosh. So many questions are coming to mind all of a sudden.

Griffin:

Go.

Rachel:

Uh, how do they find these people?

Griffin:

Uh, they all are, like, active members of the speed running community. It's like a very tight knit... as you can imagine, it is, like, pretty niche. But at the same time, there's actually a lot of people who are doing it. And so each game, kind of, has its own community, but the whole speed running scene is, is very, uh, very connected.

Rachel:

Follow up question.

Griffin:

Yes.

Rachel:

Uh, how do they decide what games they're going to do?

Griffin:

Uh, I think they take a look at, like, what games they did last. 'Cause they don't want to repeat it too much. But then there's some staple games. Like later today they're doing super metro, which is, like, you got to do super metro—

Rachel:

[laughs]

Griffin:

... because it's, like, uh, a, a classic. And it's, like, one of the first games that developed, like, a serious speed running scene.

Rachel:

Uh, final question.

Griffin:

Yeah.

Rachel:

Do they ever do, like, your basic, like, your free sale, your mind sweeper?

Griffin:

Yeah. They have entire blocks devoted to, sort of, like, weird picks. Uh, they did, kind of, one of those last night. You know what? They ran and somebody knocked it the out the park in about 10 and a half minutes. You want to guess? Mother fucking Cool Spot.

Rachel:

Oh really?

Griffin:

We got to watch the on demand footage of the cool spot run. It was, like, at, it was—

Rachel:

Griff. This is how you get me into it.

Griffin:

It was at like 3:00 AM last night, but I would love to watch the Cool Spot run with you.

Rachel:

Yes.

Griffin:

As soon as we're done.

Rachel:

Yes. 'Cause that is another of the approximately 100% of video games I've played—

Griffin:

Uh-huh.

Rachel:

... that I never finished.

Griffin:

Yeah. Well it's—yeah. I have many games like that that it is, like, oh I didn't finish. Oh and you already finished you... in the span of me starting that sentence.

Rachel:

[laughs]

Griffin:

You, you finish the game. I love SGDQ. They raise money for uh, doctors without borders and it's really cool. And so go, go watch it just be careful because I, man, I just spend parts of the day just watching speed run videos. Sometimes if I don't have anything better to do, even when this event's not going on, sometimes I watch videos about the history of how runners have tackled specific games. I'm pretty deep down. I go first this week though.

Rachel:

Yes.

Griffin:

And so last time I did, what, Tic Tacs?

Rachel:

Yes.

Griffin:

And something else. I wanted do something a little bit bigger.

Rachel:

Oh okay.

Griffin:

A little bit... uh, because the Tic Tac was fun and I do eat them every day. I had probably about... I would say about 40 today. Um, I want to talk about the moon, you know about this?

Rachel:

Oh, I think uh, it's the night sun.

Griffin:

Yeah. It's like the evil sun. Um, yesterday evening—

Rachel:

Oh, what was that fast food chain that had the moon character.

Griffin:

Oh—

Rachel:

It was McDonald's?

Griffin:

Yeah, it was Mac Tonight was his name.

Rachel:

Yeah. There you go.

Griffin:

Yeah. There's not going to be a mascot for any major fast food franchise that you're going to be able to describe that I will not know how to name.

Rachel:

[laughs] No.

Griffin:

And that includes all of, you know, the, the BK Kid Squad. I take that back 'cause I can't even remember what the name of the squad was—

Rachel:

[laughs]

Griffin:

... but um, it's weird. I, I'm talking about the moon maybe a little bit, but last night you had gone to bed. I came up to my office to do some work on Adventure Zone editing. And as I walked up the stairs, the door to Henry's playroom is, is open. And in Henry's playroom, there's just this big window. Uh, looking out into, sort of, the nature behind our house and the blinds were pulled up in this window and just this beautiful, just panel of moonlight was shining into the room in this, like, perfect square of moonlight on the floor. Uh, tomorrow is the full moon and so, like, the moon's nice and big and bright right now.

Rachel:

Griffin, you didn't wake me up?

Griffin:

No, I didn't wake you up for the big... I thought I woke you up last night. 'Cause I went to turn the air conditioner down in our bedroom, stepped on, uh, one of those palmetto bugs. It was the fucking worst.

Rachel:

[laughs]

Griffin:

Is that what they're called? Palmetto bugs.

Rachel:

I always call them June bugs.

Griffin:

No, it was, like, a big bug, like, a water bug type deally. I smooshed it good. It was so fucking horrible. I... It was so gross. And you, you didn't hear me going, like, in the... anyway.

Rachel:

[laughs]

Griffin:

I don't want to talk about the bug I squooshed.

Rachel:

Okay.

Griffin:

I want to talk about the moon because I looked up at it through the, through the window in our son's playroom and I just thought, like, wow, the moon is pretty good. Do you agree?

Rachel:

No, I do actually. I really... I enjoy the moon.

Griffin:

Here's some stuff about the moon.

Rachel:

It regulates my monthlies.

Griffin:

That's my first thing about the moon. And you just fricking took it from me.

Rachel:

I didn't mean to step on that.

Griffin:

It says it comes and it gives, um, wife her monthlies and it comes and takes it away too I guess.

Rachel:

[laughs]

Griffin:

I know, you're wondering how that works. It's tied to a pole—

Rachel:

Yeah. Mm-hmm.

Griffin:

... it just, sort of, yanks and yanks and yanks.

Rachel:

Mm-hmm.

Griffin:

Um—

Rachel:

[laughs]

Griffin:

... do you know how far away moon is?

Rachel:

I—

Griffin:

I like to give you these little brain teasers from time to time.

Rachel:

Oh, my gosh. I'm going to be so... I have no capability.

Griffin:

I'm not going to go on with the show until you tell me how many miles.

Rachel:

Oh you are making me, you are making me guess?

Griffin:

I just want to know, like, wisdom of the, of the crowd style.

Rachel:

1000 miles.

Griffin:

1000 miles?

Rachel:

Yeah.

Griffin:

I'm going to say it's more than that.

Rachel:

1001 miles.

Griffin:

[laughs] Oh, no. Uh it's uh, 238,000 miles away.

Rachel:

Oh. H—

Griffin:

Yeah. It's pretty far away.

Rachel:

Yes.

Griffin:

You look up at it and you say—

Rachel:

It's pretty far.

Griffin:

Yeah. I mean, Buzz is up there scooting around and you're, like, that'll b— that'll take him, like, a couple days.

Rachel:

Aldrin or Lightyear? [laughs]

Griffin:

Yeah. And um, we only get to see the one side of the moon because of its synchronous orbit around earth. That one side with all the, you know, stuff on it is always facing us. And that's, kind of, a bummer to me 'cause I bet the other side's pretty good, but nobody really gets to see it.

Rachel:

Well, if he gets the other side, then we never have that Pink Floyd album.

Griffin:

That's true. And then we wouldn't be able to synchronize our viewings of Paul 2 to it.

Rachel:

[laughs]

Griffin:

Um, I just really like the idea that the earth... I'm not high—

Rachel:

[laughs]

Griffin:

... but I like the idea that the earth just has, like, this little friend up in the sky that's moving in the same way that we are. That's very cute. And the moon does all, kinds of, cool stuff for the earth too. And it's just, it didn't have to be there, you know, like, a big chunk of whatever ran into earth and then the moon came out, I guess. And now the moon's there and it's, like, wow, cool moon.

Rachel:

I was going to say, I actually don't know the history of the moon.

Griffin:

Uh, yeah, there's a big chunk, like, um, uh, not a big chunk, it was a... ah, I can't guess as to what the thing... I read it briefly on Wikipedia's today—

Rachel:

[laughs]

Griffin:

... but I didn't write that down. But something hit the earth and I guess the moon came out, maybe.

Rachel:

[laughs]

Griffin:

Um, but here's some cool stuff the moon does. One, we have, like, a light in the evening time. We have... earth has, like, a little nightlight.

Rachel:

Yeah.

Griffin:

Um, did you know though that the moon is not actually especially bright? There is a, a term called albedo, which describes, sort of, the reflectiveness

of a celestial body, like, how much light and radiation it can catch and, and reflect back to the observer. And the moons albedo is, like, super low, very, very, very low. Um, there are a couple of reasons why it looks bright in the sky though.

The first is, uh, this observational phenomenon called opposition surge that I learned about for the first time today, which basically says when there's, like, a rough surface, like, the surface of the moon, uh, and it is illuminated from a light source from behind the observer. Uh, there is... it, it, it makes that rough surface look brighter. So, like, a specific example of this is if there's an astronaut standing on the moon and they have the sun at their back, right?

And so there shadow's in front of them and they take a picture of it. All around their shadow will be, like, this halo of light. And that is just a weird phenomenon called opposition surge that has, like, a few, sort of, hypothesized explanations for it. Um, and so that is why, you know, the, the sun is behind the or earth somewhat and it hits the moon and the moon just, kind of, looks brighter because of this phenomenon.

The other reason is just because it is illuminated at all and it is standing in contrast to, you know, the pitch black horror of space of infinite space.

Rachel:

Yeah. Yeah.

Griffin:

But really, like, the moon is about as reflective as, like, worn asphalt. That's not that bright, but it's doing its best.

Rachel:

[laughs]

Griffin:

Um, I, I... the moon also causes the tides and the monthlies. Thank you for—

Rachel:

I wanted to make sure.

Griffin:

Uh, because of gravitational pull. I never really thought about it before. The sun also has gravitational pull that affects the tides, but it's only about, like, 40% strength of what the moon does 'cause the sun sucks—

Rachel:

[laughs]

Griffin:

... and the moon rules. I'm sorry, when you become a moon fan, you really have to take a very strong position against the sun.

Rachel:

The sun I want you to know that I'm okay with you.

Griffin:

Okay. Um, the, the earth is, like, pulling everything down and the moon wants to pull everything up and wants to its gets scrubby little hands, all over all of our stuff. The only thing it can really move is the water. And that's how we get the tidal pull because it literally lifts the ocean up in a huge mound at actually two opposite points of the earth at a time, uh, which then a bunch of different forces, like, you know, wind and, uh, actual friction for the ground underneath the ocean, uh, creates, you know, waves and tides and stuff like that.

Rachel:

I wonder if surfers have some knowledge of the moon and how it impacts the waves.

Griffin:

Um, probably, but you've just made a very good point, which is without the moon, we wouldn't have surf stuff.

Rachel:

Uh-huh.

Griffin:

We wouldn't have, um, point, point break.

Rachel:

No bungas of any kind.

Griffin:

No bungas. We wouldn't have, yeah a lot of the trademark, sort of, TMNT stuff would be out the window.

Rachel:

[laughs]

Griffin:

um, the underground Disney classic Meet the Deedles, like, that film wouldn't make any sense if there weren't surfers.

Rachel:

Oh.

Griffin:

Um.

Rachel:

I don't, you know what? I don't think of ever seen it.

Griffin:

Meet the Deedles?

Rachel:

Yeah.

Griffin:

That's okay. Only me and my brother's house 'cause we rented it while we were on vacation from a Blockbuster video once—

Rachel:

[laughs]

Griffin:

... and um, I honestly don't remember anything about it except that I loved it very, very much. I should rewatch that. Maybe I'll bring it on another episode. Um, one last thing the moon does that's very cool that I didn't really appreciate 'cause I hadn't thought about it, 'cause I don't know anything. Space is really freaking cool. I love bringing space stuff on this show. Like the—

Rachel:

I know you are a really big space fun.

Griffin:

... like the sandwich astronaut, because it's just really cool and there's infinite of it. So there's, like, infinite stuff to talk about. But anyway, um, the moon makes the day longer on earth. Um, because of the friction created by the tidal pull, it is very slowly, uh, slowing the rotation of the earth, just, like, microseconds per year. Uh, because of the, the pressure that the moon exerts on the earth with tidal pull, it slows its rotation just a little bit. But those microseconds every year they add up over, you know, an extremely long period of time.

So it estimated that uh, 4 billion years ago the earth spun three to four times as fast as it did today.

Rachel:

Oh.

Griffin:

Before the tidal friction slowed us down to the 24 hour period we have today, I think it's estimated that, like, 4 million years from now, if the sun, you know, made it, made it that long kept on kicking, uh, the day would be, like, um, two months long or something wild like that. Uh, I didn't, I didn't get that necessarily, uh, down, down on paper—

Rachel:

So. Yeah.

Griffin:

... but that idea that 4 billion years ago, the day was a quarter—

Rachel:

So, like, dinosaurs were, like, where did the time go?

Griffin:

Yeah. If they were around 4 billion years ago, I don't—

Rachel:

[laughs]

Griffin:

... I, I, anytime I talk about any history, literally before I was born, I get it very wrong and I get a lot of tweets. Um, but yeah, the Flintstones were there and they were—

Rachel:

[laughs]

Griffin:

... like, get up Bamm Bamm. Oh, Bamm Bamm, go to bed. Um—

Rachel:

[laughs]

Griffin:

... so I know I talk, like, speaking of the Flintstones, kind of, a cave man when I'm talking about the moon but I don't know I just had a nice little moment. Last night I thought of all the nice times—

Rachel:

Oh, that's nice.

Griffin:

... that I had, like, a camping trip or some, sort of, outdoor nighttime thing—

Rachel:

Mm-hmm.

Griffin:

... and I looked up at the moon and I just thought, like, oh, that's nice. You got the great song about it.

Rachel:

Yeah.

Griffin:

You got um, uh, it gave us, like, an aspirational first step out into space.

Rachel:

For sure.

Griffin:

Not first step, but, like, first, you know, stop and visit.

Rachel:

Mm-hmm.

Griffin:

Uh, the moon is, is very good.

Rachel:

I like it when it's, like, a little sliver. I like it when it's full.

Griffin:

Yeah.

Rachel:

I like it when it's half.

Griffin:

Did you know that when it's a quarter moon that it's not a quarter as bright as it is when it's a full moon. It's actually, like, a 10th, because of that weird opposition force or what is it, opposition surge?

Rachel:

How would I possibly have known that? [laughs]

Griffin:

I know it's just wi—it's wild.

Rachel:

We don't do a lot of moon studies in school.

Griffin:

Yeah. You don't really study the moon. I imagine they did back in, like, the early '70s, late '60s.

Rachel:

I feel like elementary school and middle school was, like, here are the planets and what they're called. All right—

Griffin:

And then, like—

Rachel:

... onto the next thing.

Griffin:

... for me, it was then, like... you know, 14 years later it was, like, all right I know what you said about the planets and what they're called, but we... you're changing it arbitrarily.

Rachel:

You were super betrayed by the whole Pluto thing.

Griffin:

I really was. 'Cause I don't know what the new fucking mnemonic device is.

Rachel:

Mm.

Griffin:

My very energetic mother just made us noodles.

Rachel:

Yeah.

Griffin:

It doesn't make sense.

Rachel:

That works just as well.

Griffin:

But there's nine of us and we need nine pizzas.

Rachel:

Hoof.

Griffin:

These noodles aren't feeding my... all my friends.

Rachel:

You're just so feisty.

Griffin:

What's your first thing?

Rachel:

Uh, my first, thing is an artist that I just discovered today.

Griffin:

Oh boy.

Rachel:

[laughs] Uh, her name is Mitski.

Griffin:

Mitski?

Rachel:

Yeah, she is a 27 year old Japanese-American singer-songwriter. Uh, that started, uh, singing and recording while she was studying at the SUNY Purchase Conservatory of Music. She started releasing albums in 2012 and has a new one coming out in August called Be the Cowboy.

Griffin:

This is one of your new music jams that you bring to this show sometimes.

Rachel:

Yes.

Griffin:

I like to go with, like, classic stuff, but you are on the fucking bleeding edge.

Rachel:

So what I do, um, our very dear friend, Evan Minsker works for a website you may have heard of called Pitchfork, uh, which I go to every once in a while, see what the, uh, best new tracks are and best new albums and this track Nobody was listed today.

Griffin:

Let's play a little bit of Mitski's, Nobody right now.

[song playing]

Griffin:

Can I be honest with you?

Rachel:

Yeah.

Griffin:

This spooked me out. This song, kind of, spooked me out a little bit when you sent it to me.

Rachel:

So here's the deal.

Griffin:

Yeah.

Rachel:

I feel like it was, kind of, dreamy and poppy.

Griffin:

Yeah.

Rachel:

And it reminded me a little of The Bird and The Bee.

Griffin:

Yeah. Oh, The Bird and The Bee is so good.

Rachel:

Mm-hmm.

Griffin:

And it does remind me of that a little bit. Maybe I'm conflating it with the music 'cause the music video has a lot of, sort of, like, hauzu style, imagery of, like, arms and faces coming out of the walls and, like, being all creepy.

Rachel:

Yes the music video is very good.

Griffin:

Um, but yeah, creep me out. It's a good jam. It just, like, made me feel uneasy, which I guess is good. Music can be evocative like that.

Rachel:

Yeah. She's, she's, kind of, been all over the place too. So after I heard that song, which I love much, I started going through her catalog, uh, and she had an album that came out before that in uh, 2016 called Puberty two.

Griffin:

[laughs]

Rachel:

Which I, kind of, love as a title of an album.

Griffin:

That's a very good title for anything.

Rachel:

Uh, and that's a lot more, like, rock and roll.

Griffin:

Huh.

Rachel:

Um, so she studied composition in college, uh, and her past records lean more towards piano driven, singer—songwriter, kind of, music. Uh, she said in this interview in Rolling Stone, uh, that she cites the international folk music her dad would play and the Japanese pop her mom would sing to herself as inspirations, but she also draws influence from Mia, Mika, Bjork and J-pop singer Sheena Ringo.

Griffin:

Okay.

Rachel:

Uh.

Griffin:

Those sound like very good inspirations to have.

Rachel:

Yeah. Uh, and then she just, kind of, recently picked up guitar. Uh, to just, kind of, add to her, her ability. Uh, but the song I wanted to play from Puberty two is Your Best American Girl, which I like 'cause it's, uh, it's also a very good song and it's almost totally different from Nobody. It's uh... it gives me, kind of, a rock and roll Weezer, Blue Album vibe.

Griffin:

All right. Well, here it comes right into your cans... your earphones I mean. It's Your Best American Girl here on Wonderful radio.

Rachel:

[laughs]

Griffin:

WWON.

[song playing]

Rachel:

Uh, so at around a minute 25 in that song, it just really, really hits the groove.

Griffin:

Yeah.

Rachel:

Super exciting. Uh, and the lyrics are super good too.

Griffin:

How do they go?

Rachel:

Uh, so here's how Your Best American Girl starts. It's uh, "If I could, I'd be your little spoon and kiss your fingers forever more. But spoon you have so much to do. And I have nothing ahead of me." Uh, and then the chorus is, "Your mother wouldn't approve of how my mother raised me, but I do, I think I do. And you're an all American boy, I guess I couldn't help trying to be your best American girl." So it's just, it's, like, super... she, she does a lot of, of writing about being, kind of, the other being, kind of, an outsider—

Griffin:

Sure.

Rachel:

... which, you know, I always love. Uh, but I love, I love the lyrics of that song, especially—I just, just this feeling of, like, being in love with somebody that you, you, kind of, see as the, like, all American, like, you know,

aspirational all this country can be and then feeling, like, you couldn't possibly be that.

Griffin:

Yeah, sure.

Rachel:

Um, but yeah, so I was super excited about her, her single Nobody. Uh, and again, that new album Be The Cowboys comes out in August, 2018.

Griffin:

I love when you bring new music to this show, especially when it's, like, a new artist that you haven't heard before, 'cause it's just, like, it's always so exciting to have, like, a new musical artist that you're into.

Rachel:

I know, when I, when I, when I, like, listen to a couple songs and then you start going through the back catalog and that's really good too.

Griffin:

Yeah.

Rachel:

It's just, like, oh my gosh, there's this whole world out there and now I can, like, really dig in.

Griffin:

Yeah, sure.

Rachel:

You know, it's like when you, when you find a new author, a new, uh, podcaster.

Griffin:

Yeah.

Rachel:

[laughs]

Griffin:

I just got into this guy. His name is... I can't think of a podcaster other than Marc Maron sometimes. Man, that's not good—

Rachel:

[laughs]

Griffin:

... 'cause there's lots of em, and also I do it and know a lot of them.

Rachel:

Chuck Brian.

Griffin:

Chuck Brian. I'm very into his flavor right now. Uh, you know what else him I'm into?

Rachel:

What?

Griffin:

Yes a I'm into.

Rachel:

[laughs]

Griffin:

I don't know why it came out like that, but I'm into stealing you away. Hey, I'm going to steal you away. Can I steal you away though?

Rachel:

[laughs] Bep, boo boo. Beep beep. Boo boo.

Griffin:

We're losing her.

Rachel:

Beep beep. Boo.

Griffin:

No, get out of there! That's my wife!

Rachel:

Boop boop boop.

Griffin:

We got to get her a new butt!

Rachel:

[laughs] Wait, what?

Griffin:

She's been on the transplant list for too long. She needs a new butt. Take my butt please.

Rachel:

[laughs] This surreal journey we went on there.

Griffin:

Yeah. There were, like, three or four skits in there.

Rachel:

[laughs]

[ad break]

Rachel:

Hey Griffin, do you wanna hear some Jimbotrends?

Griffin:

Yeah.

Rachel:

From our pal Mario?

Griffin:

Hey, I would love nothing more. We would have to issue refunds to both people, but I would love nothing more than to hear you do Mario doing the jumbo funds.

Rachel:

This a message is for Nick. It's from Beth.

Griffin:

It, sort of, just it goes up at the end of everything.

Rachel:

Yeah it's ki— it's, kind of, like a Seinfeld Mario, kind of, vibe. [laughs]

Griffin:

Yeah. It's fun. What's the deal with gum buzz. [laughing] Mm. Bowser. Like he says, Newman. [laughing] Newman is, kind of, the Bowser. So I felt if you think about it.

Rachel:

Ooh.

Griffin:

Hmm. Mm-hmm.

Rachel:

Write a thesis on that.

Griffin:

Yeah. So I guess George would be Luigi. Oh, would Elaine be Peach? That feels obvious.

Rachel:

No, that feels reductive.

Griffin:

Maybe Daisy, 'cause Daisy was more, like, sort of, you know, in, in charge. She was the mayor of New Donk City.

Rachel:

Mm-hmm

Griffin:

Who's Toad?

Rachel:

[laughs] Kramer.

Griffin:

Kramer is Yoshi.

Rachel:

Oh, whoa. Okay.

Griffin:

Toad could just still be Toad.

Rachel:

Okay. [laughs] I'd watch that.

Griffin:

The new Super Smash Brothers is really weird.

Rachel:

This message is for Nick. It is from Beth. "Happy birthday, probably to the best dude. Hopefully you like my cats since they're living here by now, you're the best. And I love you a lot."

Griffin:

A lot of ifs in this message.

Rachel:

Well, it was for March. So.

Griffin:

I hope you... I really hope you like those cats then—

Rachel:

[laughs]

Griffin:

... 'cause you've been with 'em for three months now and I just hope everything's going okay with the cats and uh, you know, and they... you're not having, sort of, a dander filled birthday or had one, 'cause it was a quarter of the year ago.

Rachel:

Uh, this message was also for March.

Griffin:

Oh, oh.

Rachel:

Let's take a trip back in time.

Griffin:

Let's think March.

Rachel:

So we moved into our house.

Griffin:

Yeah, that was—

Rachel:

I had a birthday.

Griffin:

You had a birthday. Yeah.

Rachel:

This message is for Jenny and Brian. It is from Becca. "Dear Jenny and Brian, I think you are the most wonderful people. I know. And I am so grateful for your friendship. Congrats on one year of marriage and the new apartment. I think you can guys are the coolest couple other than Griffin and Rachel."

Griffin:

Hell yeah.

Rachel:

"Can't wait for our chill hangs. Love Becca."

Griffin:

Recognize the game though. I mean, I don't... you don't need to include stuff like that in your messages of like you're the best, I mean second best behind the host of whatever podcast you listen.

Rachel:

[laughs] Yeah. I mean they have precious characters to choose from, so I—

Griffin:

Sure.

Rachel:

... would not expect that.

Griffin:

And I also just want to—I also want to just up the congratulations. You said a year of marriage, I'm going to say a year and change—

Rachel:

[laughs]

Griffin:

... that three months is important. Again, it is one entire fiscal quarter of a year.

Rachel:

Sometimes every month—

Griffin:

Yeah.

Rachel:

... could feel like an eternity.

Griffin:

Why.

Rachel:

[laughs] Just teasing you?

[Maximum Fun ad]

Griffin:

Uh, can I tell you about my second thing?

Rachel:

Yes.

Griffin:

I got a song.

Rachel:

Oh good.

Griffin:

In my heart... Down, down in my heart. Uh, it is a song called When I Was Done Dying by Dan Deacon, uh, who I shamefully did not know very well and probably had the strangest way of introduction to, uh, imaginable, which is we went to MaxFunCon east in what, 2016. Were you pregnant then? Or was it 2015?

Rachel:

Oh, I was pregnant.

Griffin:

Yeah, so it was 2016. Uh, and Dan Deacon was a guest there where he did a DJ set for, like, the party night of MaxFunCon. If you've never been a MaxFunCon one night is always the dance party night and this one had Dan Deacon dJing, which made it one of the better party nights—

Rachel:

It was incredible.

Griffin:

... of my entire life. Holy fucking shit the dude ripped it right up.

Rachel:

He played some little mermaid jams and everybody felt so seen in that moment. [laughs]

Griffin:

Yeah. There was, like, a projector, sort of, shooting some, some cool visuals all over the room. Um, and it was, it was seriously the best. And I instantly recognized, like, this guy knows jams. And so I started listening to him. Uh, I picked up his 2015 album Gliss Riffer, which is a great name for an album, a lot of good album names this episode. Uh, and I was just, sort of, enamored right away.

The, the album is great. There's, there's a lot of great tracks on it, like feel the lightning and learning to relax. A lot of the songs are genuinely this, this lab in terms of, like, they are upbeat, sort of, danceable jams, even though the lyrics, you probably wouldn't assume are the lyrics to dance jams necessarily. But my favorite song off this album is When I Was Done Dying, uh, which is just this psychedelic jam full of all of these, all of this, like, existential imagery and stream of consciousness, writing, which I'm learning, doing this podcast. I very much enjoy apparently in my music.

Um, I'm going to play a little bit of it right here, so you can get a feel for what the song is like. This is, When I Was Done Dying by Dan Deacon.

[song playing]

Griffin:

So like the song itself, the music is so... is really interesting. There's this mix of, like, acoustic and electronic, uh, elements to it. There's this nonstop marimba riff happening, uh, under this, like, really crunchy guitar riff under this, like, really shrill gated synth that comes and goes with, like, each couplet of each verse. Um, there is this chorus of voices that are singing at different pitches, just singing along with, with Dan Deacon's vocals, uh, and this, like, really simple acoustic drum loop happening underneath it, like, even without all of the lyrics, like, it is just a really neat... neatly composed song.

Um, but the lyrics are what makes this song really powerful to me, they're, they're super evocative, albeit without being, like, uh, an explicitly clear message about what the song is actually about. Uh, there is imagery about, like, sort of, transcendentalism and spiritual reincarnation and, like, these cosmic cycles of, of life.

Um, some people have, sort of, posited that maybe it's just, sort of, a destri— description of, like, a very vivid drug trip, which is, you know, maybe valid also. Um, but the lyrics are just, like, sung in this nonstop breathless way and are full of just these really wild, like, hypnotic images. My favorite verse of the song goes, uh... it, it's, sort of, describing all of, describing all of these things that, uh, he experiences, if you're to believe the title of the song when he's done dying.

And so this, this section goes, uh, "And the earth looked at me and said, wasn't that fun? And I replied, I'm sorry if I hurt anyone and without even thinking cast me into space, but before she did that, she wiped off my own face. She said, better luck next time. Don't worry so much without ears. I couldn't hear, I could just feel the touch. As I fell asleep softly at the edge of a cave, but I should have gone deeper, but I'm not so brave."

I really, really love that section of the song—

Rachel:

That's beautiful.

Griffin:

... because, like, it explores this anxiety about life, about worrying, like, whether or not you are being a good enough person, whether or not you're making the most out of your life. And anytime there's, sort of, any imagery of this cosmic force, you know, trying to reassure you in, in this song, the earth telling you wasn't that fun after you die and saying next time don't worry so much is, like, so, so, so beautiful to me.

Um, and I, I, I think it tells a lot about Dan Deacon also. He had an interview with Baltimore magazine. He lives in, in, uh, Baltimore, Maryland. Uh, and he described this song as the most representative, uh, of me, uh, lyrically on the album Gliss Riffer.

And he said that, uh, speaking about Gliss Riffer, that it was, like, a very, very personal work. He says, uh, and this is a quote, "It's me exposing myself, figuring out the root of my anxieties and who or what the hell is going on inside of my own brain" which is very, very relatable—

Rachel:

Yeah.

Griffin:

... and very, very good to me. And the idea of exploring your anxieties through this, like, existential artistic lens and then creating a song that is, like, this evocative and, and beautiful is genuinely, like, super inspiring to me.

Rachel:

Yeah.

Griffin:

Um, and on top of that, I just... I think it's such a, bop, it is so good.

Rachel:

It's very, very good. And the video.

Griffin:

The video, holy shit. I hadn't seen it before today, but I had to send, like, Rachel the song so she could listen to it. And so I said, like, looked it up and found a YouTube link and sent it to her. It's from, uh, an Adult Swim series called Off The Air, which is, sort of, this just wild animation series. Uh that's on Adult Swim. And so, uh, a few animators got together and did a, a music video for it that. Go look that up, it is fucking amazing.

Rachel:

Yeah.

Griffin:

It is so good. You want to talk about your second thing now?

Rachel:

Yeah. So my second thing is a article from time.com.

Griffin:

I'm so sorry.

Rachel:

It's called the Science Behind Happy Relationships.

Griffin:

[laughing] Does anything in there about taking large slurs of your soda while you're recording a podcast? Or is that, like, the first thing it says. You're not going to believe this, but laughing like that as I did, it actually made my throat, kind of, scratchy again. And I want to take another gulp of soda, but I'm just going to, kind of, sit here and just try not to cough instead.

Rachel:

No, I want to support you.

Griffin:

Oh, good. I'm ready now.

Rachel:

Okay. [laughs] Uh, so there has been a lot of research on the qualities that create a lasting happy relationship for couples.

Griffin:

Sure.

Rachel:

And this article, kind of, summarizes some of studies and I found it very interesting.

Griffin:

Can I get some of them?

Rachel:

Uh, yes.

Griffin:

Sex power?

Rachel:

Uh, no.

Griffin:

Uh, both of you, like, the, um, like, Fraser, but that's number one or both of you hate Fraser, but you can't do one on one.

Rachel:

[laughs]

Griffin:

Cool clo— cool clothes.

Rachel:

You know, it's not Fraser, but it is cheers.

Griffin:

Damn it.

Rachel:

So you, you were close, you had Kelsey Grammar.

Griffin:

He was Fraser on that show. So I think I still got it right—

Rachel:

Mm-hmm

Griffin:

... technically I met the character Fraser, not the oh Frazier.

Rachel:

Of course.

Griffin:

Duh.

Rachel:

Of course.

Griffin:

That's all three that I can think of.

Rachel:

Okay. Do you want to know? There are actually three.

Griffin:

Oh.

Rachel:

Uh, empathy.

Griffin:

Yeah.

Rachel:

[laughs]

Griffin:

I'm just, like, yeah.

Rachel:

Uh, positivity.

Griffin:

Sure. If it's... the third one's not sex power, throw this at article away.

Rachel:

Strong emotional connection. 'Cause that's, kind of, like sex power.

Griffin:

Sex power is an emotion.

Rachel:

Although I'm not sure exactly that I know what you mean by sex power. So if you wanted to elaborate on that.

Griffin:

It's just the aura, you know.

Rachel:

The aura of somebody's sex power?

Griffin:

Yeah, yeah, yeah.

Rachel:

Or the aura that happens during the act?

Griffin:

Oh, this is good. Yeah. So it's uh, I you're asking, is it just, sort of, an aura somebody gives off where you know that they have very much sex power?

Rachel:

Exactly. Or.

Griffin:

Or is it, is it a more of a noun?

Rachel:

Yes.

Griffin:

That's just, like, you're having sex and then, like, things around the move start... things around the room start moving or catching on fire because if the power coming out of your body.

Rachel:

Yes.

Griffin:

And the answer to that's both.

Rachel:

Both. Mm-hmm. No, that's what the article says. [laughs]

Griffin:

Nothing about cool clothes though. Hmm.

Rachel:

Uh, okay. So this is, uh, research that I saw, uh, from the Gottman Institute, which is an organization that to the research of marriage. Uh, they say that emotional disengagement can happen when couples are not doing things that create positivity. So one piece of advice they give is compliment your partner every day. It validates them and helps them feel good about themselves and reminds you why you chose that person in the first place.

Griffin:

I love your big muscles.

Rachel:

I feel validated by that. And—

Griffin:

And we're still in it folks still going on strong.

Rachel:

I'm... And I love your eyebrows.

Griffin:

Mm. I thank you. I got 'em, uh, trimmed up. Got 'em all trimmed up at the barber shop.

Rachel:

They look awesome.

Griffin:

Thank you. Yeah. Thank you. I love your eyebrows.

Rachel:

Whoa.

Griffin:

Uh, I mean, I don't love—

Rachel:

I wish—

Griffin:

... I hate your eyebrows. What did I do wrong?

Rachel:

I wish I could love my eyebrows, like, you love my eyebrows.

Griffin:

Okay. They don't love your eyebrows, like I love your eyebrows.

Rachel:

[laughs] Uh, so when it comes to the brain and love, uh, biological anthropologist and Kinsey Institute, senior fellow, Helen Fisher, has found after putting people in a brain scanner. Sounds like an oversimplification of probably what that is.

Griffin:

What the device is actually called. [laughing]

Rachel:

Yeah. We're going to want to lay you down, put you in the brain scanner.

Griffin:

Like, what are you talking about?

Rachel:

It's like you're 1799.

Griffin:

We're going to put you in the blood swapper. Do you mean a dialysis machine? Call it a dialysis machine.

Rachel:

So the brain scanner, um, confirms that there are three essential neuro chemical components in people who report high relationship satisfaction. And those are the ones I mentioned the practice of empathy, the control of one's feelings and stress and maintaining positive views about their partner.

Griffin:

Interesting.

Rachel:

In happy relationships, partners empathize with each other and understands each other's perspective instead of constantly trying to be right. Keeping

positive views of your partner, uh, which Fisher calls positive illusions—
[laughs]

Griffin:

Yikes.

Rachel:

... are all about reducing the amount of time you spend dwelling on negative aspects of your relationship. No partner is perfect and the brain is well built to remember the nasty things that were said, said Fisher. But if you can overlook those things and just focus on what's important, it's good for the body, good for the mind and good for the relationship.

Griffin:

It always freaks me out a little bit when we start talking about love science. I don't know if you get like that too, but when it's, like, I'm going to put you in the brain scan and see which parts of your brain start wiggling around when—

Rachel:

Oh, yeah.

Griffin:

... I show you a picture of your lover, like, I don't like that. I don't—

Rachel:

Are you worry that, like, science doesn't confirm my words to you?

Griffin:

No, 'cause I think it definitely would. It's just, like, I, I don't like the idea of not thinking about it. Like, some, sort of, some, sort of, magic. If that doesn't make me sound like a too big of a child.

Rachel:

Oh see I am coming at it from the other angle.

Griffin:

Okay.

Rachel:

That a good relationship isn't this abstract nebulous thing that there are, like, three common traits that anybody could put into their relationship and have a good one.

Griffin:

Sure.

Rachel:

And I feel like that's good.

Griffin:

But you can't necessarily put it into a relationship, right? Like it's—

Rachel:

Oh you can practice it.

Griffin:

You can practice it for sure. But it's... I, I think that isn't it easier to, like, have, have a person who has these three things with you than—

Rachel:

Oh of course.

Griffin:

... trying to, like, necessarily inject it into—

Rachel:

Of course, if your relationship is, is, you know, diminishing—

Griffin:

Sure.

Rachel:

... or if you're feeling less positive about it, there are three real things you can do to make it better.

Griffin:

Yeah, for sure.

Rachel:

Which I like.

Griffin:

Yeah.

Rachel:

Uh, and, and it's something that I've noticed, like, when, when I saw these, these three things about, you know, empathy, positivity and strong emotional connection, it, kind of, helped me, kind of, highlight which components were missing from my previous relationships and, kind of—

Griffin:

You scared the living... ever living fucking... mother fucking, fucking shit out of me.

Rachel:

[laughs]

Griffin:

And I shit my pants and almost died. Are you kidding me doing [laughing] a sentence like that on podcast? I will my butt off. Are you you kidding me? It helped me realize something. This is our last episode of wonder— are you kidding me?

Rachel:

[laughs] I'm sorry.

Griffin:

Jesus Christ.

Rachel:

[laughs] Help me realize what was missing from my previous relationship.

Griffin:

Okay. But you understand that you sent shockwaves throughout the whole com— like, people were writing Facebook posts, like, what the fuck. Oh.

Rachel:

Why would I bring you to this podcast to tear you down.

Griffin:

I don't know. Last week you brought our sexual relation— our sexual congress into the thing, and I thought, like, maybe Rachel's doing a bold new experimental to style up podcasting.

Rachel:

[laughs] Griffin. I'm taking this opportunity.

Griffin:

Yeah. Wowzers.

Rachel:

No, I was going to say that it makes me realize why ours work so well.

Griffin:

Okay, good.

Rachel:

Because we are very empathetic with each other—

Griffin:

Mm-hmm.

Rachel:

... and we do complement each other often.

Griffin:

Sex power's is off the charts.

Rachel:

And, and we focus on the positive.

Griffin:

Yeah they can't even quantify our sex power

Rachel:

And the sex power.

Griffin:

I blew up a whole bedroom yesterday.

Rachel:

Ah, Geez.

Griffin:

I know a wave of supersonic force shot out of my body. Like, I was—

Rachel:

We don't have to tell the listeners. They probably felt it.

Griffin:

Well, no, apparently that's what we do on this show is to talk about my supersonic sex energy, like Blanka from Street Fighter, just shooting out of my body, electricity tearing off the wallpaper. So...

Rachel:

I don't know who Blanka is.

Griffin:

That's okay. He's a big green monster from Street Fighter. He's cool. He does that attack where he crops us down. He shoots electricity out of his body and, like, you know, E. Honda tries to punch him, but he gets a big shock.

Rachel:

Your... With your sex power you're more like a sheet fighter.

Griffin:

[laughs]

Rachel:

It's pretty good, right?

Griffin:

Yeah.

Rachel:

[laughs]

Griffin:

Do you want to talk about submissions?

Rachel:

Yes.

Griffin:

Uh, thank you the submissions for giving us a way out. Uh, Tristan says, "I think it's wonderful when you add half and half to iced coffee and it swirls around in billows, the contrasting colors and densities make a brief but dramatic and delicious show." The flavor of this beverage is very good. And I do like, like, fluid dynamics. It's very interesting to me.

Rachel:

Is that, like, part of the thrill of, of creamer for you?

Griffin:

No, creamer is in pure utilitarian for me, but, like, when you shoot dye into water.

Rachel:

Mm-hmm.

Griffin:

Um, I watched a YouTube video on, like, the weird science YouTube which is, like, literally all that gets recommended to me on YouTube—

Rachel:

Yeah. [laughs]

Griffin:

... of these, uh, two guys trying to recreate this old science experiment that was only created in, like, the early 70s when, like, video camera equipment was bullshit of shooting two, kind of, vortexes of dye into each other's side by side in one aquatic tank. 'Cause when they hit each other just perfectly and they're spinning the exact same be they, like, explode and create, like, a dozen other vortexes all around it. Nobody could understand how that works because the camera was so low quality. But now it's 2018 we have dope ass cameras. So they worked and worked and worked to try to, like, rebuild this machine—

Rachel:

Oh.

Griffin:

... they had no schematics for and ended up making it. And it's so beautiful watching this dye, like, collide in water. I learned lot about fluid dynamics from that video. I don't know what's happening to me.

Rachel:

[laughs] Yeah. We were talking about half and half. [laughs]

Griffin:

But it's fluid dynamics. I'm mean, talking about some, some cream hitting some, some cold brews and stirring it up. I may have hit up the Einstein bagels bros on my way to pick up Henry from daycare the other day, got myself a little, little ice coffee on the way and stirred it up—

Rachel:

Uh. That's nice.

Griffin:

... and I was, oh, it's beautiful. Uh, Chelsea says, "I think it's wonderful when a grocery cart exchange happens between strangers entering and leaving the store, the smile and eye contact and moment of connection always makes me happy." I don't get this next part, "Bonus points if it's somewhere, like, Aldi and you trade your quarter for their cart."

Rachel:

Oh yeah. Do you not know about this?

Griffin:

No.

Rachel:

In order to get a shopping cart, you have to insert a quarter.

Griffin:

What?

Rachel:

It's, like a super discount grocery store and they keep the prices very low through a variety of ways. And I think one of them is that.

Griffin:

That's wi—a quarter?

Rachel:

Mm-hmm.

Griffin:

That doesn't seem, like, very much my money to, like, then get discounted goods from the whole store.

Rachel:

Well, I'm sure that is not their only cost cutting measure.

Griffin:

Man, I guess not.

Rachel:

I just... I know that I have a lot of friends in St. Louis that, that swear by the Aldi.

Griffin:

How dope would it be if there was a grocery store where you paid, like, \$150 up front and for that you got a cart and then at everything in the store was free. You just got one cart full of it. And they leveled it off.

Rachel:

[laughs]

Griffin:

They had, like, a big, like, scraper and they would run it over the top of the cart and they would have to clear the top of the cart. No like cheatsies.

Rachel:

Oh it's like those, like, thrift stores that where you bring in or you use like a bag and fill it.

Griffin:

Yes. Yes. Except this time it's fucking Supermarket Sweep. 'Cause also you only have a minute and a half.

Rachel:

You just get a hundred turkeys.

Griffin:

[laughing] But can we talk about the strategy of Supermarket Sweeps? 'Cause it was always get a hundred turkeys.

Rachel:

[laughs]

Griffin:

Run to the turkey, get the turkeys, get the giant Mr... Mrs. Butterworths. And now you've won.

Rachel:

I heard that this show is on Amazon Prime.

Griffin:

Yes.

Rachel:

I would very much like to watch it.

Griffin:

We got to watch it. One last thing, and this one is, uh, is strange for our show. We don't normally pick reference... self-referential things, but Kean informed me, there's a website called wonderful.fyi. That will let you know who's up first on each episode of our show, based on who went first, last week.

Rachel:

[laughs]

Griffin:

You can also search through all the wonderful things you've previously shared on the podcast. This is—

Rachel:

Somebody must have gotten so tired of us talking about who's turn it was.

Griffin:

I mean, we spend a lot of time. This website is very, very good. I'm going to show it to you now—

Rachel:

Okay.

Griffin:

You can check it out at wonderful.fyi.

Rachel:

[laughs] Oh, that's beautiful.

Griffin:

It's a really good website. It's got all of our topics arranged like a, like a chat.

Rachel:

Oh my gosh. I love that and the artwork from Louie Zong on here.

Griffin:

Louie Zong put on who put out a jam collabo with uh, Brian David Gilbert—

Rachel:

Wasn't that exciting.

Griffin:

... which was the collabo of the fucking century today.

Rachel:

Oh my gosh.

Griffin:

Go check that out. Um, but that is it. Thank you so much for listening. Uh, had a lot of fun with this episode and I hope you did too Rachel and our friends at home. 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, what else do you want to talk about here?

Rachel:

You know, this episode has really made me realize what I'm missing—

Griffin:

Mm.

Rachel:

... uh, from—

Griffin:

Oh, stop.

Rachel:

[laughs]

Griffin:

Stop that.

Rachel:

Uh, thank you to Maximum Fun for hosting our podcast and any number of other great podcasts, podcast like—

Griffin:

Podcast. Like, I mean the Greatest, uh, Discovery, um, podcast, like—

Rachel:

Friendly Fire.

Griffin:

Oh Friendly Fire, The Beef and Dairy Network. One Bad Mother. There's a lot of good podcasts on the network.

Rachel:

There is a lot of good podcasts.

Griffin:

If you want to hear other stuff that our family does or see any of the videos we made, it's all at mcelroyshows.com. I think that's it. Huh?

Rachel:

Yes.

Griffin:

Well then this is probably a good time as I need to talk about something that has, uh, been miss that was missing something that, like, I feel like so sad and empty about that's missing from speaking about, like, romance stuff and like relationship stuff.

Rachel:

Yeah.

Griffin:

And so there's something that's missing. Either I'm angry. And I can't even do it myself.

Rachel:

I know.

Griffin:

It's not fair. Bye.

[theme music plays]

MaximumFun.org.
Comedy and culture.
Artist owned.
Audience supported.

[Maximum Fun ad]