

Minisode: Listeners Interview Alie

Ologies Podcast

July 23, 2020

Oh heeey, it's that avocado you don't really feel like eating, but you also can't watch it mold because avocados aren't cheap okay?, Alie Ward, back with another episode of *Ologies*. This is a weird one! Listen. Listen: This was going to be a full-blown, fully-long episode. I started editing it, there were some major audio lags, and I said, "You know what? Nighty-night. I'm going to bed." And I just fell asleep. I thought, "Let's just get, kind of, stupid for a week." Let's just hang out on the porch, dusk falling, whiskey warming in your hand, or a Mountain Dew maybe, sweating, and let's just gab. But we'll go through all of the things up top we normally do.

Thank you to everyone on Patreon who supports the show and has since before even day one. Patreon.com/Ologies, you can join that club for as little as 25 cents an episode, and in this case you can submit an AMA – Ask Me Anything – even juicy questions. Also, we do livestreams and other things.

Thank you to everyone who submits reviews, and who rates and subscribes. Those really keep the podcast up in the charts. Every week I pick a freshie for you. JessicadubyadubyA says:

Life is hard right now. Ologies makes it easier. The world is an overwhelming place right now, but hanging out with my internet dad makes it easier. Thanks, Alie!

Thank you, JessicadubyadubyA. I think I said too many dubyas. Anywho, this is an AMA, an Ask Me Anything. I said, "Go ahead. Ask me some stupid questions." I'm not a smart person, but I'll talk into a microphone about them. So, this is essentially a compilation of secrets. This is like, you know when you eat Cracker Jacks and you're like, "Ooh! A peanut cluster!?" This is essentially like you open up a Cracker Jack box and it's all peanuts. Maybe it's too many peanuts. I don't care. This is just summer fun time. We're crackling around a campfire. We're shootin' the shit. Without further ado, please enjoy this minisode of me answering your questions. I'm going to start randomly. After the break we're going to get to your most-asked questions, okay? We cool? Okay, sorry. It's just me.

Alie: *[pretending to talk to herself as a guest]* You host the podcast! I know! Oh my gosh! *[laughs]*
First question, **Alexis Wallick** wants to know: What's your favorite cephalopod?

I think my favorite cephalopod is the blue-ringed octopus because it has all of these rings on it that look like a ring toss, and also it can absolutely kill you so hard. But I mean, have you seen it? It looks like a circus clown with too many arms. It's yellow, it has polka dots. It's like, "Boopadoopadoo... Slabams! You're dead!" So, I think that's fun.

Chase Penix asked: In the Aperiology episode you talked about cringing a bit when you see people have started listening to the podcast from the beginning. What would you say are the biggest way the podcast has grown and improved? How have you personally grown with the *Ologies*?

That's nice. I think... It's always hard for me to listen to any episode I've ever, ever done. I always just want to clip little pauses, or clip whole sentences, or just hide under a couch and suck on a digit. But I get really bent about sound effects. There was a period, maybe a year and a half ago, where I feel like we used too many and I always think, "I'm so sorry about that!" So

yeah, I think just in general I never want to be annoying. I don't want to be boring, and I don't want to be annoying.

I think I've personally grown with the *Ologies* because I've learned so much from so many listeners who tell me about their own experiences. You walk in your own life as the person you are, and you can't live a life as every individual, so you can only keep your ears open to others' experiences. Kind of like how hot water, how those molecules just bump each other more, I think that *Ologies* has given me a chance to just bump around more, into more people, and learn from them.

Salem wants to know: What does your daily self-care look like in 2020? Which, this is as funny as this episode's going to get, Salem's question.

Right now I am wearing a tank top that is made from a t-shirt that I cut the arms off of, and then I used one of the arms as a headband yesterday. And then I slept in it, and it's currently nightfall, and I'm continuing to wear it. I kind of fell asleep meaning to work, and then I woke up this morning and was like, "Dang it!" So, I'm doing great. [*sarcastic*] I'm an example of someone who is killing it. I am a #entrepreneur. I am a monster. I have it together. I'm as good as it gets.

I brushed my teeth today. I feel good about that. It's not great, Salem! Am I talking to a therapist about it tomorrow morning? I sure am! We'll get there. We'll get there! Don't be me! How's that for helpful? Great.

Evan Jude wants to know: If you had to whip out a weird science fact to 'wow' someone at a party, what would it be?

I think, square poops. Wombats. Square poops. Everyone needs to know that.

Koryn wants to know what's the craziest food that I have ever eaten or tried.

I think fish eyes. Tempura deep-battered fish eyes. Nobody wanted to eat them, and I was like, "I'll do it for a dollar!" Guess who left with a crisp, greasy dollar in her pocket? A.W.

You know what it tasted like? Grease. It tasted, like, crunchy. Although, it is funny that no one wants to eat the eyeballs, but if you were out in the natural world everyone would be like, "Fuck. Dibs on the eyeballs!" The eyeballs are cherries on a sundae. Can you imagine if you ate a whole sundae and everyone's like, [*disgusted*] "Ew! I'll give you a dollar to eat the cherry!" That's what happens when we don't eat eyeballs. Ah! What a fucked up world. That being said – I don't like eating eyeballs.

Molly wants to know: What's your favorite place that you've ever conducted an interview? Is there an ologist whose office is just the absolute coolest or weirdest?

One of my favorite places was in the Snow Hydrology episode. We just had to pull up a bench outside of LAX, but that was very exciting because we had to find each other in the middle of a layover.

[*clip from beginning of Snow Hydrology episode*]

Alie: I see someone walking. Please be Ned, please be Ned. Are you Ned? Yeeesss!

My phone was about to die. Real high stakes. It felt like a heist movie. I will say that Dr. Tom Volk, who's a mycologist, he had the most interesting office I've ever been in, and it had the most, say, ephemera. It had a lot of knick knacks, including his heart in a Ziploc that I got to hold.

[clip from Mycology episode]

Tom Volk: And so... Actually my heart is in that recycle thing right there.

Alie: Is it really??

Tom: If you wanted to look at it, you could.

Alie: Of course I do! Can I look at it now or should I look at it later?

Tom: Yeah.

Alie: Oh my gosh! It's in here? I knew your heart was in here. Oh my goodness!

So, I'm sorry. If you have a human heart, that is your own, in a felted box in your office: I'm going to forget a lot of the other offices.

Audrey Pearson wants to know, if I could be an animal for the rest of my days: What would you be?

And I did see the movie *The Lobster* after eating a medicinal gummy, and um, affected by it, but I think a lobster seems pretty dope, because if you can get far enough out where no one can catch you, you can live forever. And you're super happy just eating shit. Like, bottom feeders, marine snow? Put me in a suit of armor, give me weapons for hands. I'll live *forever*, just slurpin' up shit off the floor. You know what? Low expectations – you're never disappointed.

Steven Clark says: Do you miss recording in your closet? And how do you stay organized with all you have going on?

I still do record in my closet. I made a recording closet out of one of the closets in the house. Right now I'm not recording in it because it's kind of hot, and whatever. How do I stay organized with all I have going on? It is not easy be when you have a lot of different jobs, none of the jobs care about the other jobs, so you're like, "Ahh!" So, I have a lot of juggling going on, and I really, really want to do the best job possible on all the jobs. And sometimes you fall asleep wearing yesterday's shirt. That's okay. I would rather have this life than any other, so sometimes you wear the same shirt. I don't care. You don't care. It's fine. There's bigger problems in the world.

Kristan wants to know: If you were to create a new collab show with ONE type of ologist, which kind would it be?

I think it would be a Fearologist, and it would be about fears. Hmm. Stay tuned.

Maria Jouravleva wants to know if I have any advice for people in our mid-20s. They just turned 25 and **Brigid** says: Ditto! From another freshly 25-year-old.

[in agony] Eeeuuugh... 25. See a therapist. You might need to get diagnosed with something. Boy oh boy, do I wish that I knew what anxiety disorder was before I turned 30. Also, don't drink so much. People are usually not their best selves.

Katie, you also asked that question about advice for those in college. Same thing. Just be yourself also. And if anybody doesn't like you, then they suck. It's so easy once you realize that. If you have to bend to try to fit yourself to be somebody else's preferred way, then they are not someone that you need to impress. And listen, and be compassionate, but also stand up for yourself. ["C'mon, man!"] I let myself be a doormat. If only I would've sassed them. But, bygones.

Toby James wants to know: Are you doing another season of *100 Humans*? It's my favorite show on Netflix.

Not that I know of. It took, like a year and a half to shoot, and I feel like they probably would've told us by now if we were doing another one. I don't know, it took a really long time to shoot. That's like, 100 people, plus a crew of, like, 70 people. That's so many granola bars for craft service. There's golf carts, you know? A lot of phone calls you've got to make telling people to show up for work the next day. It's a production. So, I don't know. I will let you know. I really liked so many of the humans. A lot of them are really good friends still. Some of them got their 'Human number' tattooed on themselves. The day we wrapped, they went to Dave & Buster's and then hit a tattoo parlor. I have never been to a Dave & Buster's, I could not go that night, but I understand it was a good time.

G wants to know: What is something you're dying to do an episode about but you haven't been able to find an ologist for?

I *really* want to do an episode on ADHD, and I'm not quite sure what ology that would be, and I want to find the perfect person to interview. So, I really would like to do that. Also, a neurology episode, and doing something on MS would be great.

Kaydee Coast wants to know: Have you gotten into any video games during this downtime?

And I have not even animal crossed once. I don't know what is happening with the turnips and stuff. I haven't done any video gaming. This downtime, quarantine, has not been downtime at all. I've been really lucky that I have a couple of new projects that were, like, work from home that cropped up right around the start of the quarantine. But I also have had to accept that I need to be better about time management, and I need to just work during the day and be off at 7pm. I am very bad at that, so instead I just have, like, a semi-productive 12-14-hour day, instead of having a normal human productivity day for 8 hours. I'm learning. If I could implant a chip in my brain that would teach me how to do that, OOH I would do it myself with a wine opener and a pair of tweezers, like, yesterday.

Kerri wants to know what is my guilty indulgence.

I Pinterest landscaping. Also, there is something that is very relaxing about whittling. You have to make sure that you buy these, like, \$10 gloves that work like oven mitts, or a shark cage for your hands. But you use these little gloves and you just sit there and whittle. "Moment to moment, this is looking more like a spoon." It's the same feeling of gratification you get watching a pimple popping video, but it's real life, you can't hold a phone, and it's not someone else's pus. 10/10!

Davis Born says: You're a role model for me as a person and as a working professional.

- [laughs] At this point in the episode, I bet Davis is like, "No, never mind." [still laughing] I'm in, like a dirty tank top. - Were there concrete action you took to put yourself on the path that you are on? Are there moments or decisions you made internally that you feel like were particularly defining? And when did I start feeling accomplished or fulfilled?

Oh, good questions! Ah! Okay, the concrete actions I took to put myself on this path were identifying the things that actually got me jazzed in life. There were certain things I was doing professionally that got me, like, money, or a little bit of success, but they did not really feel like 'me'. It felt like having to twist myself into a pretzel to do that. So, what I did was I got very depressed, and I went through a really rough summer where my now-partner and I broke up.

My dad was diagnosed with cancer. I was very sad. I think I talked about this in the Field Trip episode.

I started volunteering at a museum and I realized I love being there so much. And wouldn't you know it? That three hours a week that I went in to volunteer, time that I probably would've spent scrolling on Instagram, really helped me realize what I loved to be doing, and that was learning about bugs and hanging out with nerds. So, that was really helpful. If you can find even an hour a month to go volunteer, or just meet new people who are into what you're into. Hang out with them, socially distanced or online, that can really help.

Putting up this podcast is something that was really defining. I had been sitting on it for nine months before I put it up. I had the logo, I had the trailer, I had the Instagram handle. I had the Twitter handle. I was just tinkering too much, and then someone messaged me about Brady Haran's *Unmade* podcast, and the first episode they put up he talked about how he wanted to do an ologies podcast and I was like, "Nooo! I've been working on this forever! I've done five interviews!" I'd already done the trailer, so I just put up the trailer that night, and that's how I launched *Ologies*.

So, that was very defining. It was a big lesson that I should've just put it up eight-and-a-half months sooner, because I had been working on it all that time, but it took that threat of getting scooped by an idea that I'd wanted to do for 20 years that really made me do it. That was a very defining moment: just do the thing. Don't wait for it to be perfect. It'll get better as you go.

I started feeling accomplished and fulfilled when I realized that more than just my friends were listening to *Ologies*. I was like, "There's other people out there that want to hear about toad turds." Also, winning an Emmy for *The Henry Ford's Innovation Nation with Mo Rocca*, which is the CBS show that I do every Saturday. I been on it for seven years. This episode of *Ologies* is going up July 21st, and I'm nominated for two more Emmys this weekend. On Sunday I'll find out. One is for host and one is for writing for the show. So, that's a really big honor. To be, like, recognized by colleagues in the industry is kind of a big deal, so that made me feel like a bit of a grown up. We shall see. We'll find out on Sunday. But yeah, my main advice is: just figure out what you really love and what you feel like yourself doing.

Bonnie wants to know how I find most of the ologists and how I stay positive when things are terrible.

I find the ologists two ways. Either someone says, "There's this great ologist. You MUST meet them." And then I go and look at all of their stuff and get a little bit of a brain crush on them. Or I say, "I wonder who knows the most about horses." And then I just start googling the terms 'horse expert', or 'hippologist', or whatever. I sometimes will look at the hashtag. Let's say it's #hippologist, like, "Who's self-identifying as that on Instagram? And do I want to talk to them?" And I *love* finding people, and I love making contact with them, and when I get an email back saying they're interested, it's like, "AH!" It really does feel like the person that you have a crush on in eighth grade just passed you a note back. It's *very exciting*.

Cycling Tiger just wants me to know that they added a 40+ mile detour to the end of their cross-Canada cycling trip just so they could visit the town of Dildo, and then asked what's the rudest-named place I've ever been to.

I mean, I was in Intercourse, Pennsylvania. That's related, right? Sorry, Pennsylvania. [*"That's okay."*]

Katie, first-time question asker, wants to know if I had any other alternative names for *Ologies* when I was first starting out, and I do actually! I'm so glad you asked me this because I found this recently and I sent it to a friend of mine who is trying to come up with some show ideas. You ready? These were the names that *Ologies* was maybe going to be named:

- *Science Corner with Alie Ward*
- *Okay, But Why? Cocktail Party Science*
- *You Can Science Also*
- *The World According to Ward*
- *Science Creep*
- *Science Alcove (Okay...?)*
- *The Big, Weird World, and Beyond*
- *Firehose of Science*
- *Science Questions*
- *Science Surrounds Us*
- *Science for People*
- *Things That Are Science with Alie Ward*
- *Creepy Science with Alie Ward*
- *Cephalopodcast*
- *Thinky Stuff*
- *Should I Put This in My Brain?*

So yeah, that's what *Ologies* was almost called. Isn't that weird? Isn't it like someone saying, "Your name was almost Janet," and you're like, "What!? Why??" Anyway, it's *Ologies with Alie Ward*. [D] airhorn! We're just going to have to accept it. *Science Alcove*? What the fuck was I thinking with that? What even is an alcove?

Anyway, **Paola Alejandra Martinez-Ramos** wants to know: Ketchup – store it in the pantry or the fridge?

I may be wearing yesterday's shirt with a pile of laundry next to me, and I had a whole pizza for dinner, but – IN THE FRIDGE! Who puts ketchup in the pantry?? Also, if you are someone on Twitter who saw that this episode was *almost* a 30-40-minute-long rant about raw tomatoes, right before we go to the break I'm going to tell you why I hate raw tomatoes so much. The insides remind me of cytoplasm. They're very mucousy. You'll notice I said the word mucus. I don't bleep it anymore. We get it. We get the joke. We don't need to bleep it anymore.

It's like organelles in a cytoplasm, and I hate that when you bite into it, [disgusted] ughhh, that there's too much give and chew. It's like a peach that someone should've eaten last Wednesday. There's nothing crisp about a raw tomato. There's nothing crunchy. If I'm going to eat a peach, like, I want that peach to have been green five minutes ago. I want crisp... Give me a raw tomato and, number one, it's just goosh. It's just gooshtown. It's just Squish City. So, I feel like I'm eating a flaccid peach that spit in my mouth. I don't like it.

Now, you broil that tomato for five minutes? You sun dry it? Put it in a can? I'm down to clown. But if that thing is just right off the vine, get it out of my face. Do not put that in my mouth. I've eaten one cherry tomato in my life, and that thing is *lucky* I digested it.

Okay, we're going to go to a break really quick. In terms of a charity, the funds that I would normally be giving to a charity are going to go into a special grant that I'm working on, that I can't talk a lot about, but I will tell you more about it this summer. It's in conjunction with another ologist who's been on the show, but we're putting together a grant for science communicators, so you'll hear more about that. Just know that this solo confessional is going toward that.

Okay. Your most-asked questions after the break.

[Ad Break]

Most asked question. You ready for this? I think the most-asked question, by **Alexis Wallick, Diane Jlelaty, asherleebee, Jessica Chamberlain, Lauren Y, Earl of Greymalkin, Kate Stomps, Cass, Claire Meyer, and Jen Lee** all wanted to know: How is Gremmie? (Gremmie is my dog.)

Diane, this is the first question ever, wanted to know: Who's your favorite living creature? Why is it Gremmie? People want to know weird things about her, weird noises she makes, goofy behavior. I will fill you in a little bit about this.

So, Gremmie is my dog. She's about eight years old. I got her a year ago. She was very skinny, and she looked kind of like a rat. I'd wanted a dog for, probably, 15 years, and I finally lived in a place where I could have a dog! And I thought we should give her back after the first week. I was like, "I don't think we're vibing. I don't think she really likes us. She seems kind of bummed. Maybe she needs to be in a place with, like, goats, or other dogs? Cuter furniture or something?" It turned out she just had a kennel cough, and then she got on antibiotics, and she was like, "No, it's not you. I just had a respiratory infection." And I was on a business trip, and Jarrett informed me, "We're keeping this dog. This is our dog now." And I was like, "So it is."

She's such a good doggo. She doesn't chew anything she shouldn't. I never come home and find, like, the bathroom garbage strewn all over the house. She's only diarrhea'd, maybe, four times in the living room and it was because of fireworks. It's fine. Who hasn't done that? She only borks when we have a package or if she's sleeping. And in terms of noises she makes, she falls asleep and then her little belly will flutter, and you just hear, [*small chirp-like little borks*] "Br. Brk brk brk." She sleep-borks and it's the *fuckin' best*.

Her mouth sometimes smells like fish, and I think that's from licking her asshole when she needs her anal glands squeezed. Have I learned how to do that by watching YouTube? I have. Is it disgusting? Of course it is. I love her. I would do anything for her. She doesn't even listen to *Ologies*. It's okay.

Bee Wilson, Emily Arnold, Alesa Weiss, Cameron Siewert all wanted to know: Do you narrate the Kroger commercials? Emily Arnold said: I need to know this. I've absolutely yelled about it in the car.

Yes, I do. It's Kroger. It's Pick 'n Save. Sometimes it's Smith's. It's also Gerbes. Here's the deal. Someone reached out to me and they're like, "We are trying to find the voice of Kroger," and I guess some of the people who were, like, in the ad creative department listened to *Ologies*, so they're like, "We want to find a voice like this lady." And then they're like, "Why don't you just ask that lady?" And so, it's a union job. I don't have to wear pants when I do it. I do wear bottoms. So yeah, that is a question I get a lot because people think that they are having some sort of psychotic break in that they're just putting my voice places where it doesn't belong. If my voice comes out of your grandpa's face, that's a You problem. But if it's out of your radio, then yeah, sorry about that.

Meryl Stark, Seth Suchy, and Amy Farkas want to know if I actually enjoy the products that I advertise on the podcast." Out of all the advertisements, which ones do you actually use," and do I get a discount?

They have to give you a freebie, that way you can endorse it, because you *have* to have used it in order to endorse it. You can't just say, "I love this stuff," and you've never laid hands on it. They send it to you, you try it, and if you like it you're like, "Yeah, I'll endorse this." And if you're like, "Mm-mm, nope. I'm not putting my name on this," then you can say no.

So yeah, I've tried everything, and I've dug everything that I do ads for, because I would feel super skeezy if I didn't. One thing I use the most, I use Stitch Fix all the time, ever since I signed up for it, because I need blouses and stuff for the CBS show, and I like that someone else is like, "Hey, right about now you could probably use a new pair of pants," and I'm like, "I appreciate that." But yeah, I use a bunch of them.

A lot of folks, **Emily Ancona**, **Carley Cross**, **Ethan Stoller**, **CaptainRadtastic**, and **Jess** all want to know if I have a favorite *Ologies* episode that I've ever done.

I want to say, Merlin Tuttle is someone I wanted to interview before the podcast even existed. I think I put up a picture of him months before the first episode even came out. I was just like, "Look at this guy! *Look at this guy!*" He was wearing a headlamp. He had a big ol' mustache. It was, like, from the 1980s. He had a fruit bat. I was like, "I gotta know this guy! I gotta talk to him! How do I become his friend??" And sure enough, Boom. I got to go to his house and hang out for three hours. I mean, wow. I would put him down as my emergency contact if I could. There's so many of them, and I legitimately text and talk to so many ologists. I really have wormed my way into their lives. It's very creepy.

A bunch of people, including **Spencer Seams**, **Roxanne Parker**, **Sarah Lucchesi**, **Schmitt Thompson**, **Ethan Stoller**, and **Ted Hamilton** asked about books. Specifically, Ted Hamilton said: When you hit the road for a long-haul drive, do you have any go-to comforts like books on tapes, a 24-ounce slushy, screaming show tunes?

Ted Hamilton – good question. I go in to a stop and I get, like, a huge cup of ice, and then I pour, like, the vanilla truck stop coffee over it, and then I go get more ice, and then I get more of the vanilla truck stop coffee, and then I use, like, 15 of those creamers. Mmm. Wow. It tastes like a watery tire and cake batter mixed together.

But also, in terms of books, I've been listening to *Braiding Sweetgrass* by Robin Wall Kimmerer. I will say, if there has been a book that has changed my life over the last couple of years... this is going to be a surprise probably to a lot of you because it's like, [*whispers of intrigue*] "Oooh, it's going to be something mystical. It's going to be set in a jungle maybe. It's going to be interesting..."

Nope. It's just a book about ADHD. *The ADHD Effect on Marriage*. But my partner, Jarrett, we have been together a long time, but we broke up for a few years, and he did not know he had ADHD. I did not know I had anxiety. We both got very easily butthurt by each other and just felt rejected a lot. Yeah, *The ADHD Effect on Marriage* by Melissa Orlov.

It is about partnerships. Jarrett and I aren't married, but it's essentially about partnerships. We both listened to that audiobook over the same course of, like, a week, at our own pace. And it has fundamentally changed the way that we relate to each other, and also the way that I, in general I think, relate to people. I think it's made me more empathetic. It's made me understand myself more. I wish I had gotten that in my brain so much earlier!

Poppy Milliken wants to know: There are a lot of different ways to cook an egg. Which way is your go-to? Is it different if you are cooking versus someone else?

Poppy Milliken, these are the questions that we all want to know. They're hard hitting. I'm glad you asked. My go to is scrambled because it's hard to fuck up. If someone else is cooking, I'll have a hard-poached egg. Don't give me something gooey, though. I'm sorry, I can't do a gooey egg. So I ask for hard poached and then everyone at brunch is like, "Oh my god, they screwed up your egg order." And I'm like, "No. I asked for it this way." And they're horrified.

Kaydee Coast wants to know: Favorite way to eat a potato? Mashed. Skins on. I like 'em rustic.

D_adams wants to know a fact that will forever stick with me. I think at some point I learned that possums have 13 nipples and the 13th is just right in the middle like a bullseye. What the fuck, man? What is life?

Arica Stares wants to know what my favorite conspiracy theory is. Maybe that Scarlett Johansson's a clone. I do really want to know who the human clones are out there, because there's *got* to be human clones. We're far enough down the line where there are certainly human clones. Who are they? Do they know they're clones? Do the people that clone them... did they get what they expected? What is a soul? I don't know. These are *not* questions I'm here to answer.

Alyson Ewald, first-time question asker, wants to know: What's my favorite part of the day? I love going to bed. I love getting ready for bed. I love taking a shower before bed and getting into pajamas. And I don't do it enough. I kind of fall asleep doing what I'm doing. But going to bed feels like a vacation. It feels like a luxury. Like, when I actually go to bed and I turn the light off, and I'm like, "It's time to sleep now." I'm like... People do this every day, and if I did that, OH my life would be amazing, if I would just be like, "Nope, we're done at eight o'clock." I'm *trying* to do that but I swear I'm always catching up from the day before. But yeah, that's my favorite part of the day.

Melanie Baker wants to know: If you were a shop teacher, what would be your favorite project to assign? A bat house, dude.

Heather Densmore wants to know: How much input do you have with fun TV and film asides, or does Stevie just surprise you when he's done editing? No, I actually pick those, and I put a link, and Steven Ray Morris does surprise me with putting in a few extras, and sometimes those extras stay, and sometimes I cut some of mine that I've put in but keep his, or sometimes I'll cut the ones that he puts in. But yeah, I use those sometimes to bridge thoughts too. If I have cut a section, and then we kind of skip to a new topic, sometimes I'll bridge it with a little clip.

Jessica Morgan, first-time question asker, also asked: Have you ever dressed up as a certain red-headed mermaid? Jessica Morgan, I have. Once, I went to an all-night Disneyland event. I went with a friend of a friend, but Disneyland was open all night, and someone had an extra Ariel onesie, so I put it on over my clothes. It was not slimming, but it was warm. I looked like a big adult baby.

HangryAuntie wants to know if I enjoy my red-headedness. They're a redhead and they vacillate between strutting for and hiding from the attention. I dye my hair like this, so, clearly, it's choice. And I'm sorry that I'm ripping off your look.

Ruby-Leigh wants to know: Fingers for toes, or toes for fingers? Ruby Leigh, I would rather have fingers for toes, because A, shoes, and B, you can pick stuff up in the shower better. I already pick up a razor in the shower with my toes, but if you have fingers down there, *psh!* I might get good at French braiding. Who knows?

Michael Hamby wants to know what's my go-to drink at a dive bar where I know that they don't have a wine list or decent booze. Hmm... A wine spritzer's usually pretty good. Treat yourself. Have a wine spritzer. They're a lot better than you think they are. [*"White wine spritzer."*]

Seth Suchy wants to know: This is a serious one, important to me, how do you personally face and overcome mental health challenges you might struggle with? They struggle with depression on the daily, and they like to hear other people's strategies for dealing with their own mental burdens. It's a really good question.

I think I have to remind myself a lot that anxiety is kind of like clouds that pass. I think I get caught up so much in the things that I haven't done that I sometimes forget that we're all just doing our best, and that that's good enough, in other people, for me; so I have to let that be good enough for me too. I think I try to see the good in other people too. When people are turds, try to remember that that comes from a place of fear or hurt.

One thing I learned from people close to me being sick is that you could only take things moment by moment sometimes. Like, you can't pre-grieve anything, you can't pre-experience anything. You can't have misery now so you can skirt it later, so you might as well just deal with the things you can deal with right now. Do what you can do right now, and then deal with conditions as they come. So think, what can you do in the immediate? I think that's helpful.

And like, right now, it's a bananas time! Things are a little nutty. If you feel a little nutty, that's par for the course right now. So yeah, let's try to take it easy on ourselves, and know that we're not going to be writing a novel during this time, and we're not going to be cleaning out every closet. This is not a vacation. This is isolation, and it's not easy, and so understanding that there are those ups and downs.

I also used a company called Genesight to find an antidepressant that worked well for me. They are not sponsors, but I looked into some studies, and some studies found that people who chose medications based on some brain chemistry stuff had better odds. So I did that, and I found something that worked better for me. So, that's helpful in that if you are going to medication route. But yeah, if you can spend time outside, do it. You deserve it. I've been trying to do that as well.

Finally, a few of you, including **Angela Scarduzio** want to know: Got to do it. What do you hate most about making the podcast? And what is your favorite part about making the podcast?

Oooh! What do I hate the most... It's probably having to listen to it right before it goes up, because by that point it's the third time I've heard the conversation and I'm just doing QC to make sure everything's in the right spot and there's nothing missing. So I have to listen to myself tell the same jokes over, like for the third time, or I'm just listening to my voice again. That's always CringeFest 2020 for me.

But the thing I love the most about making the podcast is that listeners have become friends. That's one thing I love. I love that there are people like us who care about weird shit, and are, like, not afraid to be curious, or goofy, or excited. So, people finding like-minded people makes me really happy. I really, really love that hearing what other people like to do so much inspires y'all to figure out what you like to do so much. That's an added bonus that I didn't really expect, that that would be inspiring that way. So yeah, I love when people feel inspired by the podcast.

John Worster wants to know: Could you ask that everyone just send some positive thoughts into the void to help those that are sick and hurting, or feeling lost? Pick a day and time in the not-too-distant future so all of this energy can be manipulated.

Thank you, John. I'm going to say Friday, July 24th, let's say 9a.m. For John, let's send some positive thoughts into the void to help those that need it. [*"They just send out good vibes."*] My family could use them this week.

In all this, it's not the easiest time right now, and I think staying hopeful and appreciating the most that we can; whether it's moss, or frogs, or your neighbor, or someone you haven't talked to in a while, just try to appreciate them, and ask smart people stupid questions.

And obviously, if you want to follow *Ologies*, you can follow @Ologies on [Twitter](#) and [Instagram](#). I'm @AlieWard. If you want *Ologies* merch it's at [OlogiesMerch.com](#) If you tag a photo of you on Instagram #OlogiesMerch, then we will repost you on Mondays.

Thank you Shannon Feltus and Boni Dutch of the podcast *You Are That* for managing merch. You should also listen to their podcast. Thank you Ernie Talbert, who I've known since I was four, for managing the [Ologies Podcast Facebook Group](#). Thank you to the Ologies Transcribers and Emily White, professional transcriptionist. They make transcripts available. Caleb Patton does the bleeped episodes. Those are up at [AlieWard.com/Ologies-Extras](#). Kelly Dwyer helps update the website. Noel Dilworth helps me keep my schedule on track. Jarrett Sleeper assistant edits and helps me through anxiety attacks. [*laughs*]

And the wonderful Steven Ray Morris will be editing this and putting this up tonight. Thank you to him and his mustache for making every episode better. He is completely responsible for that little thing that you hear at the very, very end of the episode. That's all Steven. He surprises me with it every week, and he's a genius. Nick Thorburn does the music, which we are getting up on iTunes.

And if you stick around to the end of the episode, you know I tell you a secret. And this was an entire thing full of secrets, but **Catherine Elizabeth**, first-time question asker, wants to know: Have you ever kissed a girl? #juicy

This is a juicy question, which is why I saved it for the end. And of course I've kissed a girl! I've kissed a couple of them. I think if you get a chance, you should kiss people you want to kiss. I mean, I know, whoof, Covid, man. Whoof. But yeah, go out there smoochin'. Also, I do kiss Gremmie on the mouth. She is a girl. God, her mouth smells so bad.

Berbye.

Transcribed by Emily White

For comments and inquiries on this or other transcripts, please contact OlogiteEmily@gmail.com