



## WHAT FRESH HELL IS THIS? WITH STANZI POTENZA EPISODE 104

### still out here grinding everyday, loser

[Beeping sound effects and the words "POD PEOPLE"]

*You're listening to "What Fresh Hell Is This?" On today's episode you'll be served some grind inspiration for the week and Eren Yeager goes Postal at Little Caesars!*

[Intro Music]

**Stanzi:** Hi there everyone and welcome to "What Fresh Hell is This?" With me, Stanzi Potenza. I hope you are having just a swell week. I've just been swamped with work recently because of all of the exciting things that have been happening. I had the release of this podcast obviously, the release of my song, my cover of Creep, and my second merch drop It's been pretty wild and hectic and I've had so much on my mind because of it but that didn't stop me from grinding, I'm still out here grinding every day. I'm lifting every day worsties my muscles are looking crazy. I've got to say I used to be really insecure about my arms and usually have a habit of covering them but man oh man I've been getting so many thirst comments recently about my arms. Everyone is calling me buff Stanzi which is hilarious but also so crazy that something that used to be a big insecurity of mine became something that people really loved. It inspires me to grind even harder so this one's for you, here's your weekly grind inspiration.

[SCRIPT: THE GRIND]

[Anime music in the background]

**Anime Person:** Hi there loser weakling, I just wanted to check in and make sure you've been grinding because if you haven't, well, I'll beat the shit out of you. Oh, don't worry I won't hurt you too bad, because you still need your strength to work out. I want to see you lifting bitch. It's time to break a sweat and absolutely crush that workout routine you've been putting off. It's the only way senpai will notice you, you know. Lets tone those arms stupid. Time to strengthen those thighs so you can crush senpai's head between them. Did you wake up feeling like a disgusting beta today? I bet you did loser. You need to get on the fucking grind and get on that alpha shit



bitch. I'm sick of being surrounded by betas. Aw, are you gonna cry? The only liquid that's allowed to leave your body is sweat dripping from your face after an intense workout, got it? Okay, great. I love you, good job, loser!

[UNSCRIPTED SEGMENT]

Something I've noticed is that a lot of you like being talked down to based on the reactions I've gotten in response to my Instagram stories where I call you idiots and sussy bakas. It's like a fun sexy time for you. Truly no judgement on my end, I think I was just a little surprised by just how many people were titillated by my bullying on my post grind Instagram stories. I feel like I could commit a crime and still have simps. That brings me to my hot take of the day. We need more women in the serial killer industry. It's no secret that it's a male dominated field. I believe that we as a society need to make space for female serial killers. I want to see torture chambers with Elizabeth Warren posters. I want writing in blood on walls that say "yes she can." Bury a body while wearing a pussy hat and a cropped sweater that says Wine O'clock. Bring a ring light with you when you get arrested so your mugshot looks snatched. That's some real girl boss shit right there. If you're a male serial killer and you're about to kill someone, please step back and ask yourself: am I stealing opportunities from women right now? Because the answer is yes. Okay? Check your privilege. Don't let society tell you that you can't do something because you're a woman. If you believe it, you can achieve it. Pop off queen girlie bestie. She/her the house down babe. Let's yassify crime one girl boss at a time. God, I'm so bold and innovative.

[SCRIPT]

Speaking of crime, I recently heard about a story that's going viral about a man who was so angry that his local Little Caesar's Pizza didn't have hot and ready pizza that he pulled out an AK-47 and threatened the employees. The story goes as follows:

*(newscaster voice)* "One man allegedly went too far when he was told his little Caesars pizza was not hot and ready. Pulling out an AK-47 on employees and demanding his food ASAP."

Well, the anime community got a hold of that one and I saw a video saying that this is something Eren Yeager from Attack on Titan would do if he was living in this era.

That brings me to my new segment "What Would Eren Do?" Well, this week, Eren will do anything it takes to his Little Caesar's pizza, even if it costs you your life.



[SFX Door opening jingle and small takeout pizza restaurant ambiance]

**EREN:** Hi there, my name is Eren Yeager, and I'd like to place an order.

**EMPLOYEE:** Sure, what can I get for you?

**EREN:** One large cheese pizza, and 10 zesty cheese bread sticks.

**EMPLOYEE:** Sure thing, anything else.

**EREN:** That's it.

**EMPLOYEE:** Okay great, that'll be 10 minutes just so you know.

**EREN:** What did you just say...?

**EMPLOYEE:** We need to heat up some more pizzas so it'll be about 10 minutes.

**EREN:** You mean to tell me, I walked into my local Little Caesar's, known for its hot and ready pizza and not only is it not hot, but it's not ready?

**EMPLOYEE:** Yeah we're sorry we're running a little behind.

**EREN:** You must think I'm some kind of joke, huh? Like you can push me around and do whatever you want? Well I'll be the last one laughing. Just like how I always am.

**EMPLOYEE:** Okay, it's only 8 minutes now please calm down sir.

**EREN:** Calm down? Calm down? Everyday I watch my comrades get slaughtered by the titans. Right now, Armin and Mikasa are waiting for me to bring them home delicious pizza and zesty breadsticks.

**EMPLOYEE:** Listen man you're gonna get your - whoa is that a gun??

[SFX Pulling out a knife/gun hybrid]



**EREN:** I won't sit back while you humiliate me.

**EMPLOYEE:** Yo chill, it's ready, it's ready, just take it.

**EREN:** Alright fine, but I'm not leaving a tip. You don't deserve it.

[SFX Eren walks out of the pizza shop]

**EMPLOYEE:** All good man, all good. I hate my life.

[End scene]

[OUTRO]

**Stanzi:** There's just no way Eren Yeager would be a good tipper. I can't believe it and I won't. As always, I hope you enjoyed today's episode and let me know if you want more grind inspiration. I know so many of you love the Instagram story grind videos and I want another way to immortalize them because I ran out of room on my Instagram story highlights section. There are too many grind videos. I must be stopped. I have a lot of fun making them, though, so if you want to hear more about it, let me know on Instagram. Anyway, enjoy the rest of your week worsties and I will see you in hell.

*"What Fresh Hell Is This was written by me, Stanzi Potenza. It was co-created by me and my friends at Pod People, who make this podcast come to life: Rachael King, Matt Sav, Chris Jacobs, Danielle Roth, Carter Wogahn, and Anne Feuss. Special Thanks to Danielle Harvey at Dulcedo, and all my friends and family."*

*If you love What Fresh Hell is This, share it with a friend! And if you really want to over deliver, please leave a 5 star review and rate us on Spotify, Apple Podcasts, or wherever you listen to podcasts! You can follow me*



*@stanzipotenza on TikTok and @stanzipotenza everywhere else to stay up to date on everything i've got going on. Until next time - have a great week.*