

Trends Like These 241: 'Thinking Too Hard Can Shorten Your Life'? Says Study, New Emoji Additions!, Harvey Weinstein Confronted in Public, Does Trump Snort Uppers?, Giuliani Butt Dials Reporter, Impeachment Update, Zantac Recalled, Instagram Bans 'Cosmetic Surgery' Filters

Published on November 1st, 2019

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Brent: Hey, folks, Brent here. I'm talking to you at the very beginning of the show to let you know, uh, there was a technical problem with the recording today, and so, unfortunately, the only audio that was captured was audio of myself and Travis. And so, what we're gonna do – our buddy, Mustin, who edits the show, by the time you've heard this, has cleverly stitched the show together so that we keep what we did.

And Courtney had a segment that we thought was really important that she has re-recorded, but if it seems like there's not a lot of Courtney in the show, and that it's different from usual... that's correct. Um, but we didn't want to scrap the show, because we have interesting stories to get to, so it's just gonna be a little bit different this week, but next week, we'll be back to normal. Enjoy!

[theme music plays]

Travis: This week: Democratic resolve testing, Weinstein protesting, and the study's not about resting.

Brent: I'm Brent Black.

Travis: I'm Travis McElroy.

Courtney: I'm Courtney Enlow.

Mustin: And I'm Courtney Enlow.

Brent: With Trends Like These.

[theme music plays]

Travis: Hello, Brent and Courtney.

Brent: Hello Travis, and hello Courtney.

Mustin: Hello Travis, and hello Brent!

Brent: Hello.

Travis: Well, I was just showing off how much my voice doesn't sound like shit this week.

Brent: Ahh.

Travis: Because in the last couple weeks, hoo boy. My sickness, uh, was a combination of a bunch of different things collapsing in on themselves in my body. I woke up... yeah. I woke up last Tuesday, so about a week and a half ago, uh, little under, feeling not so hot. And then I recorded *The Adventure Zone*, the first episode of the new season, and it was so very stressful, that by the end of the episode, I was just an empty shell.

And that night, I could not sleep for both because I was sick, and because I couldn't stop thinking the edits I needed to make in the episode, and then, I was just, uh, awake all night. So the next day felt like shite, and continued to sleep like shit for basically five days. And uh, this weekend, celebrated my daughter's birthday at Great Wolf Lodge, just chasin' her around, running all around, so I slept really good Sunday night.

Brent: Yeah. Last week's episode, perhaps, was not the jolliest episode ever. _Cause on top of Travis feeling bad, the audience out there in podcast land doesn't know this... it was a historically... there was a historically high amount of me flubbing and just messing up what I was saying and needing to start again, and it seemed like the fact that Travis was feeling bad just somehow... the first time I did it, I was like, —Okay, we just gotta get through this. [laughing] And it kept happening.

So, sorry Travis.

Mustin: And poor Mustin.

Travis: Just realized, we should clarify – it is 6:15PM Eastern time, and it is actually Wednesday, October 30th, 2019. We are not recording tomorrow like we normally would on a Thursday night, because Courtney and I both have children to take trick or treating, and Brent's probably gonna do cool, childless party stuff.

Brent: I am watching Bram Stoker's Dracula and making nachos with my girlfriend! That's what's going on with this guy.

Travis: Okay. So we're all about the same place then.

Mustin: What is Bebe dressing up as?

Travis: Thank you for asking. She will be Owlette from the PJ Masks. Bebe has also already been Vampirina and Elsa from Frozen, because they had trick or treating at Great Wolf Lodge, and she dressed up for both of those days.

Brent: Amazing!

Travis: I will say, when I was walking around with Bebe at Great Wolf Lodge, one of the employees there was handing out candy, asked me if I was dressed as George Michaels. George Michaels, excuse me. And I was just wearing my normal clothes, and I really appreciated that. I was very flattered.

Brent: George Michael, or George Michaels?

Travis: George Michaels, the singer.

Brent: I think you mean George Michael.

Travis: No, George Michael is the one from Arrested Development.

Mustin: I think they're both just like, singular.

Travis: Let me look. Hold on.

Brent: Look, if I can get one pop culture thing right over the course of this nearly five year experience, I can die happy.

Travis: It is! They're both just George Michael!

Brent: Woohoo! Yes! Thank you.

Travis: Hold on. Is—wait. She meant the singer.

Brent: I'm always so wrong. God, I was so embarrassed, Courtney, with that It Takes Two thing from a week or two ago. Ugh.

Travis: Hey, what are you all drinking? Wait, Brent, what are you dressing up—are you dressing up?

Brent: Thank you for asking. Uh, last weekend, me and my girlfriend were Fleabag and Priest from the hit Amazon series, Fleabag. And this weekend, my friend Rachel Stein, who has guested on the show, is a huge Star Wars fan, and she and another friend have talked me into—I'm gonna be Dago Bah Luke Skywalker, which I have no business being. Our friend Tabitha's gonna be Yoda, and Rachel, who weighs about, y'know, 63 pounds, will be Jabba the Hutt, 'cause that'll be funny.

Travis: Ooh. So what's everyone drinking? I'll go ahead and start. I'm having a glass of ice water, and a decaffeinated chai tea.

Brent: I'm drinking... [a can opens] Mm, yeah, with that nice can open sound. A zero calorie—

Travis: It sounded for a second like you were ripped in half.

Brent: [laughs] I'm drinking—aaahhh! Happy Halloween. [laughs] No, um... I'm drinking a grape Zevia, which is a zero calorie, stevia sweetened soda. And it's like, not great, but like, it is sweet for a little sweet treat. Uh, it's okay.

Mustin: Wow, Brent, that's a real ringing endorsement.

Brent: Well, the thing is, I didn't want one of you to... I feel like, Courtney, this is something that I would bet money you wouldn't like. And so, I didn't want one of you to be like, —Eugh, how could you possibly?! That's disgusting! I've tried it before!! I don't know why you're John Travolta. —Sandy!! But anyway. [terrible John Travolta impression] —'Ey, Sandy, with your grape Zevia!! But anyway.

I was like, trying to hedge and make sure you knew, I'm not in love with grape Zevia, okay? We're just... we're just dating.

[theme music plays]

Travis: Hey, everybody. Look to your left. Look to your right. Now look down at your feet. I believe you'll have noticed that we are... beyond the headlines.

Brent: Oh, wow. I didn't know where you were going with that.

Travis: Yep.

Brent: Then I found out.

Travis: One of you is beyond the headlines, one of you is inside the headlines, one of you is on top of the headlines...

Brent: And you're all gonna fail this class.

Travis: One of you—yeah. One of you is fired. Hey! So, according to CNN business report, very important news. This is... this is important. According to CNN business report, Apple released nearly 60 new emojis on Monday!

Which is actually pretty cool, because many of them, uh, were focused on inclusion and diversity among emoji people. Or... emoji people.

Brent: [laughs] The official term, as coined by Travis McElroy of the McElroy family.

Travis: I actually have to give credit to Alex for that one. Uh, my assistant, Alex, came up with the term emoji people, and I enjoy it immensely. [laughing] So, uh, after previewing some new emojis over the summer, the new ones in iOS 13.2 software update feature interracial couples, gender neutral characters, and also, emoji characters with disabilities. There is a seeing eye dog, a character in a wheelchair, and even one with prosthetic limbs.

In recent years, Apple has actually been pretty cool about it. Uh, adding new emojis, I mean, over the past five years. They've done their best to offer different skin tones for emojis, different occupations, and also, emojis of every country in the world's flag.

Last March, Apple requested more disability inclusive emojis, in a proposal sent to Unicode Consortium, which is a nonprofit organization that sets the global standards for emojis. Which... cool. Didn't know that existed. Alright. Uh, the company said it consulted with top organizations for people with disabilities, before sending in their documents.

In their proposal, Apple wrote, —Currently, emoji provide a wide range of options, but may not represent the experiences of those with disabilities. Diversifying the options available help fill a significant gap and provide a more inclusive experience for all. Not only that, but Apple is also releasing options for gender neutral emoji people. Nearly all of their people options, which typically have just been male or female, now have a third option that is nonbinary, including a gender neutral superhero, scientist, painter, and my personal favorite, a nonbinary vampire.

They are also including a new drop of blood emoji that is available thanks to a campaign by Plan International, which is a global humanitarian organization that fights for advanced children's rights and equality for girls. In their proposal for the emoji, the organization wrote, —Not only would a

blood drop emoji be relevant for hundreds of millions of women and people who menstruate all over the world, it would also show that periods aren't taboo, and they are something we should be able to talk about openly and honestly.!

Brent: Yeah, I'm glad you brought that up, Travis, because I saw this Fox News story that the picture is of the blood drop emoji. And again, this is just a drop-shaped, uh, it's a drop of liquid that is red.

Travis: It's a blood drop.

Brent: A drop of blood. But like, in the picture of this article, they put it in front of these like, squiggles that basically look like pubes, and the headline is, —New period emoji included in latest iPhone update!! Like, it's—so you're saying it's not taboo, and it's like, no, it shouldn't be. It's ridiculous that it would be. But like, that's how Fox News...

Travis: To be clear there, I am saying —ugh! at the way that they treated it, not at the—

Brent: Of course. No, of course.

Travis: Okay.

Brent: We have a long track record of talking about this on the show, particularly in Wi-Five. So like, yeah, it just, um... it shows you that, in some circles, it, I guess, still can be shocking, even though like, I guess quite a few people do menstruate, turns out.

Travis: It just feels like Fox News trying to be shocking about a thing that is not shocking, and in trying to make it shocking, you want to be like, —Hey, turns out, you're kind of the gross one here, and not like, the thing you think is weird. So maybe you guys just need to like, calm your shit down and be upset about things that are actually upsetting.!

Included in this group, there's also a new sloth, a yawning smiley face... I don't... I don't know that I've ever—have I ever yawned and smiled at the

same—now I have to go away and think about that a lot. Uh, a waffle, and my personal favorite, a stick of butter.

Brent: Wow. Now wait, is the yawning face smiling?

Travis: Yeah, I'm trying to do it.

Brent: I'm gonna check right now, 'cause I didn't—

Travis: Yawning... smiling...

Brent: I think—I think what—honestly, I'm looking at it now on my newly updated iPhone. I think it's a smiley face...

Travis: Oh, okay. A yawning face.

Brent: That is yawning. Right.

Travis: But it's what we might think of as a smiley face.

Brent: But I could see why they would call it a yawning smiley face.

Travis: Okay. Yeah, that makes a lot more sense, now that I've actually looked at the picture. It is a smiley face. Y'know, eyes, yellow circle.

Brent: A yawning smiley face is what my therapist does when I go on too long about things. It's quite a thing to see. Is that the end of emojis?

Travis: It is!

Brent: Okay.

Travis: Well, it's just the beginning, Brent.

Brent: [laughs] Which, by the way, I found out making Use Your Words... emoji is actually an acceptable plurrr. [laughs] *Plural*. [laughs again] Plooh!

It's an acceptable plural, even though the word plural is not an acceptable pronunciation of plural.

Travis: Is it? I never would've guessed.

Brent: No, you can say emojis or emoji. Just a fun fact for you. Okay! Now that I'm slurring words from this, perhaps, I don't know, fermented grape Zevia? Um, I've started stories like this before, and I'm sure I'll do it again. Another week, another juicy headline about a study that apparently had astounding findings.

This time, the headline was, —Thinking too much makes you die sooner, study finds.¶ So, are we on Trends Like These doing a debunk? A rebunk? Well, let's start at the beginning. By the way, I'd like to thank Brianne Jeffrey, who works at the University of Penns-Gene therapy program, and helped me with my reporting on this story.

So, the headlines you've likely seen about this referred to a study by researchers at Harvard Medical School, which was published in the journal, Nature. The first sentence in the study's abstract reads, —The mechanisms that extent lifespan in humans are poorly understood.¶ If you want a hint of where we're headed.

If you skim through some of the stories about this study online, you'll see the word _rest` thrown around. But it doesn't mean literal _rest` like relaxation or sleep. REST, when you see it in all caps, in kind of like a gene or neuroscience kind of zone, is short for RE1-silencing transcription factor, which is the name of a human gene.

The way the REST gene expresses in a person is, apparently, correlated to longevity, according to the study. Incidentally, the REST gene is found to be what's called down regulated in elderly people with Alzheimer's. Levels of the REST gene expression are highest in the brains of people who live up to between 90 and 100 years old, and remain cognitively intact. In other words, REST is what's called up regulated in people who live and continue to have their wits about them for longer.

So, what does this all mean? I'll be blunt – this is one of the most bullshit, oversimplified, and misleading headlines about a recent study I've ever covered on the show. The paper says nothing about thinking too hard, or specifically, thinking at all. The paper doesn't suggest or elucidate any dos or don'ts about how to extend your lifespan. All it is saying is that there is apparently a correlation between a certain expression of a gene, and people who live longer. That's it.

So why was it reported this way? Well, one crucial part of it is that—

Travis: For clicks! Oh, sorry, did I spoil it?

Brent: I mean, yeah. For sure. For sure.

Travis: Okay.

Brent: But like, I was trying to kind of figure out like, why... so widespread? And obviously, a lot of times, y'know, one click bait writer will just crib from another click bait writer, and it just kind of cascades. But um, to give the benefit of the doubt to some of these writers at least... _cause y'know, I also know, and Courtney, I'm sure you can corroborate.

Mustin: Yeah.

Brent: Sometimes, you're writing on a deadline, you gotta just get the thing out, and your editor is making you doing it in a certain way, or y'know, whatever. This is your universe, but...

Mustin: Yes it is.

Brent: My bet is that an overworked journalist is reading a study that sets up a relationship between something called '_rest,' and something called '_neural excitation.' And if you take '_rest' literally, and you take '_neural excitation' literally, it could mean thinking too hard. And those are both dead wrong. Those are both specific terms in neuroscience that mean things differently than when laypeople say them.

So, where does that leave us? As far as Dr. Brent is concerned, think as hard as you want, and overthink as hard as you want. Because if overthinking really shortened your life, I think it's safe to say, all three of your hosts on this show would be dead ass dead.

Travis: Yup.

Brent: Scientists aren't always good at like... at making things real easy to understand for laypeople. This is one reason that I love the podcast, Radio Lab, particularly the first few seasons. _Cause like, my friend Bri... hey. Hi. You're awesome. Like, tried to explain this stuff to me, and got off on this tangent of like, ions and cations and all these things, and I'm like, -Yeah yeah yeah yeah yeah. But just tell me why this headline is bullshit. I Y'know.

So like, it's tough. Science is a whole different thing, just like I feel like law has its whole different language. Um, jargon, y'know? It is tough, if you're not a scientist, and I think it's tough even if you're a scientist in one field, understanding all the jargon of another field is tough. So... always good to ask questions. Do your research, if you can.

Courtney: Hey everyone, it's Courtney, from the futuuure! Um, so, there was fuckery. There was fuckery. And it was my fault. I mean, it wasn't my fault. It was the fault of Skype call recorder, that forsook me, and only recorded the male voices on the call. Skype is the patriarchy. It was some horseshit.

So like, guys... [sighs] Just pretend I was really funny on the show last night. It was like, really good. I'm really mad, because it was my idea to record on a Wednesday, because of all the Halloween of it all. I'm very upset. So, uh, I'm just gonna record some quick little like, y'know, little bits so that it feels like I'm there.

[laughs] That's a good one, Brent! Oh Travis, classic! [laughs] That's a good one! Wine! There. That's some just like, classic Courtney things that, y'know, Mustin can just fill the episode with. And now... and now... some of my—some of my stuff, that like, I... [sighs] Guys. Fuckin' technology.

So, the about section for Actor's Hour is, —The first popup speakeasy dedicated to artists. Only writers, directors, actors, musicians, and a few lucky outsiders have the privilege of gaining entry.¶ One of those lucky outsiders is apparently Harvey Weinstein, no stranger to using his privilege to gain entry anywhere he goddamn pleases, as he did last Wednesday, October 23rd, at an Actor's Hour event at Downtime, a bar on the lower east side.

One comedian on stage, Kelly Bachman, called him out, and we will play you that amazing audio right now.

Kelly: Uh, feeling a little tense. Anybody else?

[scattered cheering]

Kelly: I'm a comic. And it's our job to name the elephant in the room. Do we know what that is?

Speaker 1: Yeah.

Kelly: Yeah. It's, uh, a Freddy Kruger in the room, if you will. I didn't know that we have to bring our own mace and rape whistles to Actor's Hour.

[booing]

Speaker 2: Shut up!

Kelly: Oh, shut up? Yeah.

[booing]

Kelly: This kills at group therapy for rape survivors. They love it. Yeah.

[female cheering]

Kelly: Yeah. I have been raped, surprisingly, by no one in this room, but uh, I've never got to confront those guys, so... just a general fuck you to whoever, I uh...

Speaker 1: Yes girl!

[cheering]

Courtney: At intermission, actor Zoe Stuckless confronted Weinstein. In a video posted to Facebook, Stuckless screamed, —Nobody is going to say anything?! While pointing at Weinstein. Then they were approached and continued. —I'll get out of here, that's fine. I'm happy to leave. But is nobody going to say anything? I'm going to stand four feet from a fucking rapist, and no one is going to say anything?!

Stuckless told BuzzFeed, —This guy was leading me out the stairs, just repeating, -Due process, due process, to me. Host Alexandra Laliberte told Daily Beast, -Then and there, I should've shut down the event and given her— It's actually they/them. Stuckless uses they/them pronouns and is nonbinary. —or given them the microphone to vocalize their feelings. But I was in total shock, and I let my fear and inexperience paralyze my decision making ability.

Laliberte said she allowed the disgraced movie mogul to attend the event because, quote, —I welcome all walks of life into my space. Fuuuck that. [sighs] Rapists are not just _walks of life.' Rapists are not like, like, I don't like cilantro. Many of my friends do. That's a difference of opinion. A rapist is not a difference of opinion. That's just not another like, y'know, a lifestyle choice. Fuck that noise.

Kelly Bachman wrote in the New York Times, —A lot of the work in calling out rape, rapists, and rape culture, unfortunately still falls on survivors. We are the ones screaming out while others fall silent, boo, or demand we _shut up.' I want other people to speak up for us so that we don't have to. I want it to become normal to name the elephant in the room, and I don't ever want to become comfortable sharing the space with a monster.

There's no such thing as cancel culture. There is you being uncomfortable culture. At the end of the day, the supposedly cancelled people will always be fine. Always. They will be welcomed in and invited to spaces where the rest of the people are made to feel uncomfortable. People who are supposed to just be uncomfortable and scared. And it's when those people speak up that it becomes an issue. A culture that has gone too far, and must be shut down.

This hit me in a very specific way. That's why I'm rerecording this right now, and not just saying like, –Yeah, fuck it, it's Halloween. If you have been privy to how I react when women are seen as hysterical or angry or unreasonable when emotional, it'll be no surprise to you how this made me feel. And if you're one of the people who feel that way about me when I react this way, I'm sorry, it's no longer my job to ask you to listen or to hear me. Because you're not going to.

There's no amount of politeness or soft, gentle tones a woman or nonbinary person can provide to you while still maintaining our position that will let us be heard. You just want people to stop talking at a certain point, to lie down and be quiet, and for the rest of us, that's just death. That's not dramatic – this is literally an abusive, rapist monster who sat there like nothing happened. And the people who spoke up were the ones treated like they were the problem, because they ruined everyone else's good time. Imagine that.

If you haven't been in that kind of moment, if you can't picture this because it hasn't happened in your life, please imagine what that must feel like. Because a lot of us have. And if it hasn't happened to you, just think about that, and how you'd be angry, too. All the time. It's amazing so many of us get out of bed at all, and I'm saying this as a place of a white, cis woman. Like, I am coming to this from a place of privilege, and I'm fuckin' angry all the time!

Like, it's exhausting. It's exhausting. And for all the people who hear the men booing and saying ‘shut up,’ I swear, if you ever, ever pull the ‘not all men’ thing again, I will lose my mind. The skin will melt off my body. Because when people say ‘not all men,’ the rest of us hear these random dudes booing. We hear every man we've ever known respond, –Oh, that

sucks. When you tell him about a traumatic experience you've faced. Every single one, literally, even the good ones. Even the best ones.

I cried while writing this, because every so often on the show, I beg. I beg the men in our audience to just listen. I am begging you now. Please, no matter how big of an ally you think you are, no matter how progressive, please. When people tell you that they are hurting, just listen. Listen. Because we are hurting. We are angry. And we can never fucking win.

[theme music plays]

Brent: And now, we're gonna do a segment we call the Politics Roundup. This is my new way of introducing it. Not the old, stilted, pretending I don't know what it is way, but knowing what it is. The Politics Roundup. Travis, could you please tell me what it is?

Travis: Okay. It's a poooo... [drawing out the word, getting increasingly high pitched] ...ooooolitics roundup!

Brent: Damn. Alright. Jumping in. Is it just me, or are the trending Trump headlines—

Travis: Yes. Oh, sorry.

Brent: [laughs] It usually is. But it seems like the trending Trump headlines are increasing lately. Like, maybe he's doing more silly, distracting shit to distract from the impeachment? I don't know. Anyway. Um...

Travis: I—I—may I just quickly posit...

Brent: Please, proffer.

Travis: I think that he, uh, is perhaps entering into – and maybe this is very hopeful of me, but very much a new – uh, the emperor has no clothes scenario, in which he is uh, perhaps acting more and more erratically lately because he is, uh, frustrated and lashing out, and whatever control anyone

seemed to have over him to make him, in the least bit, seem professional and presidential, has completely worn off.

Brent: Hmm. Well, that is a great segue to what I'm about to talk about, which has a recent viral element, but truly, I think, goes under the category of *Trends Like These*, because it's been bouncing around for a while, and it may explain certain erratic behavior.

Um, there's new evidence to support the idea that Trump has a habit of taking uppers. Let's go back to about a year ago when a story whizzed by about Noel Casler, who was a staffer on Trump's old TV show, *The Apprentice*. He also worked with Trump in some of his beauty pageants in the '90s. Casler claimed, last year, that Trump is a "speed freak" who snorts Adderall, in part because he gets nervous when he has to read cue cards.

That would explain Trump's erratic behavior and apparent mania, possibly extending to his extended Twitter tirades, and the fact that sometimes, he appears to be very on and very up and constantly sniffing. And then, other times, he seems sluggish and disoriented.

Back in 1992, *Spy Magazine* wrote, "Have you ever wondered why Donald Trump has acted so erratically at times, full of manic energy, paranoid, garrulous? Well, he was a patient of Dr. Joseph Greenberg's from 1982 to 1985." That's just one little piece in isolation. Maybe true, maybe not, but let's read on.

In 1993, Harry Hurt's unauthorized Trump biography, *Lost Tycoon*, took a step further, saying, "The diet drugs which Trump took in pill form not only curbed his appetite, but gave him a feeling of euphoria and unlimited energy. The medical literature warned that some potentially dangerous side effects could result from long term usage. They included anxiety, insomnia, and delusions of grandeur."

Travis: Ooh.

Brent: And we do know, this is a man who sleeps about four hours a night, on top of the obvious other ones. —According to several Trump organization

insiders, Donald exhibited all these ominous symptoms of diet drug usage, and then some. Uh, also, according to a source, Trump was on a diet drug called phentermine, also known as Fen-Phen, as recently as 2014, and possibly since then.

Well, recently, a Twitter thread went viral, and it was written by linguist and engineer John Rehling. You may remember that in 2016, Trump tweeted a picture of himself eating a taco bowl, and part of the tweet read, —I love Hispanics!! Now, if you want to go find that tweet right now, you can follow along with the visual aid.

Rehling pointed out, there's an open desk drawer behind Trump in that picture, revealing at least four boxes of Sudafed, which is an upper, structurally similar to an amphetamine, and is used by amateur chemists to make meth. Sudafed can be abused to experience a high that includes increased alertness. And not only were at least four boxes of Sudafed in the drawer, but despite the photo being taken in New York City, these were boxes of the UK formulation of Sudafed, which includes caffeine and phenylephrine, a decongestant which is known to dilate the eyes.

The idea that Trump has a habit with uppers is further corroborated by ophthalmologist, Dr. Jack Brown, who studied photos of Trump and concluded that the extreme levels of Trump's intermittently dilated eyes in well-lit rooms, that happening in an unmedicated man of his age – the chances, I should say, of that happening in an unmedicated man of his age are statistically zero, according to Dr. Brown, meaning Trump is most likely experiencing the side effects of a medication when his eyes appear this way. You can read more about that in detail at [Medium.com/@drgJackBrown](https://medium.com/@drgJackBrown).

Now, addiction is a disease, and if the president is addicted to a drug or more than one drug, I'm... I'm not coming down on him in a way that uh, in sort of a war on drugs, victim blaming way. Y'know, you never know how somebody gets into an addiction. But this is a man who prides himself on never having been a smoker or drinker or doing any drugs, and he frames it as, oh, his brother, Fred, got into alcohol and drugs and died, so he never did it.

He prides himself on the fact that he told his kids no smoking, no drugs, and he comes down in terms of policy on drugs of any kind, even including vaping. And the man may well be altering his consciousness and his ability to have a steady, cognitive state you'd want to have in a president, and y'know, I'm not trying to do an Alex Jones conspiracy theory kind of thing here. I am still looking for further corroborating evidence.

But like, this is one of those deals where like, in 2014 for instance, this information about a president would be everything. In 2019, it's like Beetlejuice in the waiting room of the Netherworld, taking a number that may never be called. But I wanted to bring that to the audience's attention out there, especially considering like... who knows what's gonna come out in these impeachment hearings? This may be something that you're, by listening to this, a little bit ahead of the curve on. We'll see.

Two more things. Uh, Trump attended game five of the World Series and got roundly and loudly booed. The crowd also began chanting 'lock him up,' mocking his line against Hillary Clinton in the 2016 election.

There's a greeaaaat video clip. Ohh, it's delicious. Where he walks out and shows a rare full toothed smile, almost a genuine and thankful looking smile. Like, it seriously looks more vulnerable than his face almost ever looks as he walks out, and the noise of the crowd winds up, and he sees himself on the jumbotron... but, very quickly, the noise turns to boos, and you can just see him deflate into melty despair. It's very satisfying to watch.

Predictably, Fox News edited it differently when they showed it, and Fox and Friends called it a 'mixed response.' Surely, in a crowd that big, the response was not entirely booing, but it's not news that some people in the crowd cheered for the president. It's news that most people booed. And it was nice to see Trump deal with the reality of tens of thousands of people – baseball fans, even – showing him what they really think, as opposed to his carefully curated rallies of adoring fans.

And finally, for this Trumpdate threefer, Trump made an announcement this past week. A big announcement, albeit, that US Special Forces had killed Abu Bakr al-Baghdadi, a founding member and leader of ISIS, and America's top target in the war against ISIS. And that, ultimately, is good news.

But what trended just as much on Twitter, as the death of this guy, was the gross, weird way Trump announced it. In his announcement, he said quote—and keep in mind, this is like, pre-written. This is teleprompter. This is not off the cuff. Trump said, —He died like a dog. He died like a coward.¶ As well as, —He died after running into a dead end tunnel, whimpering and crying and screaming all the way.¶ And further, —He died in a vicious and violent way, as a coward, running and crying.¶

And he later, in his prepared remark, said Baghdadi had been —violently eliminated.¶ President Biff Tannen, everybody. And there was some discourse, especially among what I would call centrist intellectuals, that was like, —Come on people, can't you just give Trump one good day after something like this? Do you have to pile on immediately, even though he did a good thing?¶ Well...

To answer that question, I'll refer you to two tweets Trump wrote while Obama was president. Number one, —Stop congratulating Obama for killing Bin Laden. The Navy Seals killed Bin Laden.¶ And number two, —Why don't we ask the Navy Seals who killed Bin Laden? They don't seem to be happy with Obama claiming credit. All he did is say _okay.'¶ Y'know what, Orange Joe? In hindsight, you may have had a point there.

Courtney: Rudy Giuliani remains great and thriving, as NBC reporter Rich Schapiro learned when he woke up to a three minute voicemail that was not, shall we say, on purpose. Instead, Giuliani was living my wide awake nightmare, and butt dialed someone while saying big, dumb things.

This specific butt-dial was focusing on money, and fraud, and possibly turkey. At one point, he said, —The problem is, we need some money.¶ Per Schapiro, there was a nine second silence before Giuliani said, —We need a few hundred thousand.¶ And then he inquired about someone named Robert, who Schapiro suggested may be Robert Mangus, a lawyer, and registered agent of the Turkish government.

This was not Giuliani's first butt-dial rodeo. The Washington Post ended their story on the subject — although, Post reporters, too, have received the

occasional butt-dial from him. And it wasn't even Schapiro's butt-dial from Giuliani. His last was only 18 days prior, and Giuliani was talking about Hunter Biden.

Like, as John Oliver pointed out, it's actually super hard to butt dial from a smart phone. It's actually—it's—he's actively fucking up, and I think that kind of sums up the whole Trump of it all.

Brent: [sighs] I know Giuliani has like, lost something since he was –America's mayor. I don't know what it is. Um, maybe it's the fact that like, it's hard to get work nowadays. This keeps him in the news. This keeps him paid. I don't know. But there's so many people that are connected to Trump that almost seem like... okay, this is quite a thing to say, but follow me.

Y'know when someone sort of—like a hostage is forced to say they're being treated fairly? But like, you can tell they're not? Like, he does all this stuff. He goes on all these shows. He doesn't need to. He says stupid stuff that reveals certain things. He doesn't need to. He gives himself away. He doesn't need to. And he butt-dialed someone and didn't need to.

Is it possible he's like... I don't know, forced to do something? Trump has something on him? Something. I mean, they're old New York buddies. Who knows what Giuliani let him get into that now is on Giuliani's permanent record. It just is like, so many unforced errors, you start to wonder, is this demonstrably smart guy doing some of this on purpose?

Travis: I understand, like, what you're getting at, but I think that that is a thing that we have seen over and over again in the last four years, of just this like, –Well, what's really— And I think maybe the answer might be that uh, he's aggressively incompetent.

Brent: I agree, but what I'm saying is, what happened between him... I mean, look. I don't love all the things he did to New York. There's a lot of—

Travis: I mean, it could just be the—I think my guess would be, probably, he had a support staff at that point that was like, really competent and good, and like, y'know, advisors that knew what they were doing, and a,

y'know, armada of people that were like, making sure everything went smoothly. And now, he's out on his own, or with people who, y'know, are yes people, and he—and I think that you see this a lot—

Brent: This guy just seems like he couldn't run a fucking food truck lately, though. That's a far fall from mayor of New York.

Travis: Yeah, but there was a time, uh, what's his face... uhh, ohh, the shitty dude. Um, he ran—he was a Republican candidate for president, and now he's like...

Brent: Mike Huckabee, yeah.

Travis: Yeah, Mike Huckabee. Right? Where like, there was a time where that dude was a serious contender for the Republican primary nomination, and now, he's such a fucking joke. Like, he—like, he's such a goober. And I think it just goes to show you, when there are people grooming someone to seem viable and responsible, like, that's how they—there is a machine that you can put someone through that will like, crank them out as a reasonable, like, politician. And when someone realizes, like, that's not gonna happen, we end up seeing their true selves a lot more.

Brent: Mm. And I guess it's like, the spotlight's on him constantly, so if he is incompetent, it's more visible and more out in the open now than it would be if he was just behind the scenes doing boring lawyer stuff.

Travis: I think that is the case. So, one last Politics Roundup story here. Uh, and this one, unfortunately, is kind of a debunk, folks. So, the House impeachment inquiry is moving forward. Or, possibly, backward. It depends on who you ask. Uh, Democrats in the US House of Representatives have set an official vote on a resolution, according to Nancy Pelosi, that —affirms the ongoing existing investigation that is currently being conducted by our committees as part of this impeachment inquiry.¶

—Wait,¶ you say. —It's a resolution that affirms the existing investigation? Why?¶ Yeah. So that's the thing. This is not—this resolution doesn't establish basically anything new. Uh, the reason here is simple.

The majority of Republicans refuse to acknowledge the legitimacy of the investigation, because it was never put to a vote, and that's why folks like Chris Kupperman, who is a former deputy to national security advisor, John Bolton, among others, is ignoring subpoenas, and Matt Gaetz stormed the so-called secret impeachment meetings, because they don't think the investigation is legitimate.

House minority leader, Kevin McCarthy, who is a representative Republican from California, referred to this call for a vote for as –backtracking in a Monday Tweet, saying, –It's been 34 days since Nancy Pelosi unilaterally declared her impeachment inquiry. Today's backtracking is an admission that this process has been botched from the start. We will not legitimize the shift Pelosi sham impeachment.

So, you might be wondering, who is right? Well, the short answer is, Pelosi. This from Law Fair: -The Constitution simply says that the House has the sole power of impeachment. Ultimately, if the House wants to impeach someone, it needs to muster a simple majority in support of articles of impeachment that can be presented to the senate. How the House gets there is entirely up to the chamber itself to determine. There is no Constitutional requirement that the House take two successful votes on impeachment; one to authorize some kind of inquiry, and one to ratify without emerges from that inquiry.

So does that all make sense? Like, the investigation—whatever they do to collect information before they vote to send it to Senate is—is up to the Senate—or, up to the House. And the House is run by Nancy Pelosi. So... like, anything Republicans say, or anything anyone says, as far as like, –I don't know that I need to answer that subpoena, _cause this isn't an official investigation, _cause there was no vote on it, or, –I don't think that is a real meeting, _cause there was no vote on it. That's horseshit. That is nothing.

And it's—it's one of those things where—and god, it's so frustrating to even start to play this game nowadays. But if the roles were reversed, like, this dog would not hunt. Like, the idea of say—of a Democrat saying, –I don't know that I need to answer that subpoena, like, that's nothing.

Brent: Right. And I think that, at this point, you talked about the emperor's new clothes earlier. It's a bummer that like, basically, it seems like the Republican party and their messaging, they've just... they've just, um, what's the word I want to use? Decided that their base doesn't know the difference, and will believe them. It is the height of uh, disrespecting the intelligence of their base.

But y'know what? I didn't know exactly the rules for this part of an impeachment inquiry and hearing. Most people don't, 'cause it doesn't come around very often. And so, they're counting on their Fox News viewers, their Rush Limbaugh listeners, Mark Levin, all those douchebags, to just believe this. I mean, shit, I posted about this on Facebook, and family members of mine are saying, -It's a sham! It's smoke and mirrors!! And I'm like... [sighs]

I guess any time you hear the phrase 'hoax' or 'sham,' I always just go like, -But why?!

Travis: Yeah, and the fact of the matter is not. They only need a simple majority for this to go to the Senate, right?

Brent: Right.

Travis: And so, it is going to go to the Senate. Right now, uh, they're working to put together a strong enough case that hopefully, some Senate Republican, or I don't know, y'know, like, that might be convinced to vote in favor of the resolution. Right? Because otherwise, what's gonna happen is, they're going to send the impeachment to it, and Republicans are gonna shut it down.

My bet is, if we're talking strategy here, I think the strategy is to attempt to drag feet, kick cans, whatever you want to say, and try to get as close to November as possible.

Brent: Right, and that's why they're arguing process, 'cause they don't—that'll take longer, and they can't argue that the president is innocent. He also—they can't argue that these charges are ridiculous, and because they

can't argue that, all they can argue is basically pretending that the process isn't going the way it's supposed to go.

Travis: And frankly, the way that this has panned out is kind of frustrating for me, and it should be frustrating for a lot of Democrats, because by playing hard ball, the Republicans basically got what they knew would happen. _Cause like I said, the Democrats have the majority in House. So there is no world in which this goes up for a vote on continuing the investigation, and it fails.

What it does is, it gives Republicans ammunition to be able to say, —See? We told you everything before this is invalid. Everything before this is illegitimate.¶ And it's not, but that's basically what we're allowing here, because those people refused to, y'know, to acknowledge subpoenas and stuff, that they basically have now made it so like, Pelosi has had to backtrack and say, —Okay, here. Is this what you want?¶

And even though it's still going to pass, it is giving the Republicans what they want. So I think a lot of people would see this like, vote is set, and think, —It's moving forward!¶ But really, this is just like, rubber stamping it, when it already was happening, so that people can't complain about it. But they'll find something else to complain about.

Brent: Of course. Of course.

Travis: Yeah. I frankly—I don't know that it was—I wish that they had just cracked down and said, —Oh, no, y'know what? In fact, we're the house majority leader, and we sent you a subpoena, and you need to like, honor that, or face jail time.¶ Or whatever. Y'know what I mean? Like—

Brent: Yeah, or at least a fine, or something. They're just... [sighs] Yeah. There's a real weak-willed, spineless flavor in the Democratic party that I think is—gets worse and worse as you get farther from the squad types and closer to the establishment types. That's my opinion.

Travis: Yep.

Brent: Um, shall we do some tidbits?

Travis: Yes. Let's, Brent. I dare you.

Brent: Great. Ooh.

Travis: I dare you, Brent. Do a tidbit!

Brent: If you dare me...

Travis: You think you're so brave.

Brent: Then I dare say... this is sort of a PSA. As someone who deals with acid reflux, I've used a product called Zantac before. Well, Zantac and its generic versions are being pulled from shelves at CVS and Walgreens, because the FDA has found a possible—nope, that's not how you pronounce that. Possible. There we go. Carcinogenic ingredient called NDMA, or nitrosodimethylamine.

From what I could find, it's not 100% proven that this drug causes cancer, but a private lab found that the contaminant in the drug is sort of an inherent ingredient and not an error in the manufacturing. So while we don't know all the details, it kind of feels like vaping. You don't have to stop, but you might consider it until the FDA and others get to the bottom of it.

Keep in mind, like, talcum powder, AKA the OG baby powder, uh, was very bad for you and carcinogenic for a long time, and the company that made it knew about it. So, if the FDA's like, -Hey, maybe we should take a look at this, I would just say, maybe Tums will work fine for the moment.

Travis: Uh, we have one other quick tidbit here. Instagram has announced that they will be removing any effect filter that replicates the effects of plastic surgery, and will not approve any new ones moving forward, as they reevaluate the standards used to judge these features. New research has shown that face-changing filters can negatively impact people's mental health. Also, the sun is hot, and ice is cold.

Brent: [laughs]

Travis: This is a new issue since August, when Instagram made it possible for users to submit their own filters. Instagram is reconsidering their submission guidelines, but this one seemed pretty obvious. At least, obvious enough to implement in the meantime.

[music plays]

Lisa: Hey, if you like your podcasts to be focused and well-researched, and your podcast hosts to be uncharismatic, unhorny strangers who have no interest in horses, then this is not the podcast for you.

Emily: Man, what's your deal?

Lisa: [laughs]

Emily: I'm Emily.

Lisa: I'm Lisa.

Emily: Our show's called Baby Geniuses.

Lisa: And its hosts are horny, adult idiots. We discover weird Wikipedia pages every episode.

Emily: We discuss institutional misogyny.

Lisa: We ask each other the dumbest questions, and our listeners won't stop sending us pictures of their butts.

Emily: We haven't asked them to stop, but they also aren't stopping.

Lisa: Join us on Baby Geniuses...

Emily: Every other week...

Lisa: On MaximumFun.org.

[music plays]

Amy: Hello, this is Amy Mann.

Ted: And I'm Ted Leo.

Amy: And we have a podcast called the Art of Process.

Ted: We've been lucky enough over the past year to talk to some of our friends and acquaintances from across the creative spectrum to find out how they actually work.

Amy: And so, I have to write material that makes sense, and makes people laugh. I also have to think about what I'm saying to people.

Speaker 1: If I kick your ass, I'll make you famous.

Speaker 2: The fight to get LGBTQ representation in the show.

Speaker 3: We weirdly don't know as many musicians as you would expect.

Speaker 4: I really just became a political speech writer by accident.

Speaker 5: I'm realizing that I have accidentally pulled my pants down.

Ted: Listen and subscribe at MaximumFun.org, or wherever you get your podcasts.

Speaker 6: It's like if the guinea pig was complicit in helping the scientist.

Brent: Now it's time for our Wi-Five of the week. Each week, we scour the internet for examples of folks doing good things and being good people, and we choose one or more to whom we'd like to give an internet high five, or Wi-Five.

[Wi-Five slap]

Brent: This week's Wi-Five is close to my heart, because it involves my current home city as Philadelphia, as well as my first love, the theatre. I went and saw a show in the 2018 Philadelphia Fringe Festival, and it had a large LCD screen on the stage that had subtitle captions for everything in the show. And it was amazing for accessibility, but I remember hearing people talk at intermission about how it was distracting, and gave away the significance of certain sound effects and off-stage things.

So like, first of all, people annoyed by that kind of thing can just freakin' deal with it, because all the people—like, all people being able to enjoy live theater, or many more, anyway, is more important than a show designed only for the hearing among us. But here's the point of what I'm getting at. The People's Light Theatre in the greater Philadelphia area recently allowed audience members with hearing issues to experience stage productions in a more convenient and holistic way.

It's the first theater in the region to use a new technology developed at nearby Temple University. They're glasses that put the text of the script of the show you're watching into your field of vision while you're watching it. And the People's Light Theatre rolled them out recently, and their January production of *Dot* will offer glasses to any and all audience members who'd like to try them for free.

This could absolutely revolutionize arts access and provide a new level of enjoyment for millions of people going to the theater and other live events. So to the team at Temple University, as well as the People's Light Theatre... Wi-Five.

[theme music plays]

Travis: Alright, folks, that's gonna do it for us. Thank you so much for joining us. Like I mentioned in the intro, we are just beginning our new season on The Adventure Zone. It's called *The Adventure Zone: Graduation*. I am DMing it, and we're going back to D&D for this one, and I'm very, very excited about it. If you're interested in that, it is out now. You can go to McElroy.family and check it out there, or just like, search *The Adventure Zone* in your pod catcher.

Thank you so much to Maximum Fun, our podcast home. Also, we've got a couple live shows coming up. *My Brother, My Brother, and Me* does, I mean. That if you go to McElroy.family and click on tours, you can get tickets for our upcoming Orlando live show that's a makeup from the one we missed a

couple months ago. And then, we also have one coming up in Milwaukee that has some tickets available.

And, if this comes out Friday, noon Eastern, we have tickets going on sale for our Candelights show. It's our annual holiday show in Huntington, West Virginia. You can get those as well at McElroy.family and click on tours.

What about you, Brent?

Brent: Well, um, I have started a new podcast. We're 16 episodes in. It's called Question Box. We refer to it as the game show podcast of shockingly personal questions. I co-host it with Kate Sloane, who has been a guest co-host on this show before, and basically, yeah. We ask very deep or very personal questions of guests, and the guests so far have included Travis McElroy, Courtney Enlow, and Trends Like These UK correspondent, Dave Bulmer. But also, voice actor SungWon Cho, elf wife Heidi O'Ferrall, and next episode will have the author of How to Be Alone, Lane Moore.

So, check it out. It's called Question Box. It's on all the major podcast platforms. But also, you can see it at QuestionBoxShow.com.

Travis: Courtney?

Courtney: SYFY Fangrrls' podcast, Forgotten Women of Genre, is back with a special spooooky Halloween edition called Forgotten Women of Horror! I wrote a couple episodes. I'm really, really proud of them. I did one on Lois Duncan, the author of I Know What You Did Last Summer. I did one on Peggy Webling, who was the first woman to adapt Frankenstein for the stage. She is actually the first person who ever named Frankenstein and Frankenstein's monster both Frankenstein, so next time you get into one of those arguments where it's like, –Actually, it's Frankenstein's monster!! You can say like, –Shut up. Peggy Webling.!

So, just subscribe to Forgotten Women of Genre wherever you get your podcasts, and you can listen to those, and I'm really proud of them. Yay! I'll be back next time with like, actual talking to people, maybe. Technology.

Travis: Nice. Uh, and let's see. You can follow us on Twitter @TrendsLikeThese, and yeah. Uhh, Courtney, am I forgetting anything?

Mustin: Nope, not a thing. Everything's fine. This is fine.

Travis: Okay. We'll be back in a couple days.

Brent: See ya next time!

[theme music plays]

Travis: That was great, Courtney. You did great.

[dog barking]

Travis: Yeah, Buttercup's very excited about it. She's a bit of an ally.

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