

MBMBAM 001: Gettin' Beebed

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[theme song plays]

Justin: And Welcome. Welcome to, um, our show. The show is called *My Brother, My Brother and Me*. Uh, I'm Justin McElroy. I'm joined by my titular brothers.

Griffin: [laughs]

Justin: Trav... Great. It starts here, buddy. Travis and Griffin, this is an advice show for the modern era. Um, mainly fashion. Uh, we, we take your questions every day, every, well not every day, every week, and we—

Griffin: Every second, real time.

Justin: Every sec—

Griffin: This, this is why it's a modern show. It's every, every—

Justin: Call. Just call.

Griffin: Now. Now.

Justin: Yep. Now? Now. Now. Now.

Travis: Has anyone called yet? I haven't gotten—

Justin: Oh. Um, no. If you want to reach us, you can always ask a question, uh, on Twitter. You can use the hashtag M-B-M-B-A-M, or you can email us. It's mbmbam@gmail.com. That, of course, stands for *My Brother, My Brother and Me*. Uh, our original, uh, our original title was deemed too long.

Griffin: I actually have a list of some of the titles as we, as we were spitballing.

Justin: Yeah.

Griffin: Um. We'll go ahead and say yours because I know what you're going to do.

Justin: The best, the best, I, I, my personal favorite was— It wasn't mine. I'm pretty sure you came up with it.

Griffin: It was absolutely mine.

Justin: *Kenan and Kel and Justin and Travis and Griffin.* Which is a better name than *My Brother, My Brother and Me.* But...

Griffin: Yeah, and can you imagine like after our first like 350 episodes when we finally had the—

Travis: Kenan and Kel on there.

Griffin: ...the draw to get, to get the KK's-

Travis: I would worry about the Kenan and Kel run off where people will want to listen for Kenan and Kel and then they're not there at first.

Justin: ...up on the show. Oh, right. Right. You want—

Travis: You know what I mean?

Justin: Yeah. And you don't want to lose that demographic...

Griffin: Yeah.

Justin: ...of Kenan and Kel—

Griffin: I also don't want to lose all of my orange soda because Kel will drink it right up.

Justin: You know who loves orange soda?

Griffin: I've heard that Kel enjoys the occasional—

Travis: [laughs] Loves orange soda.

Justin: Yeah, from time to time. Guys, uh, I don't— I don't actually, you'll have to forgive me. I, does drinking orange soda have racial connotations that maybe fans of Kenan and Kel would think that, you know—

Griffin: Oh no, I didn't even think about that.

Justin: Does it?

Griffin: Guys, guys, listen. Listen, I'm not racist. Kenan and Kel, I'm sorry, Kel—

Justin: [laughs] Loves orange soda.

Griffin: ...totally loves orange soda. That is a frequent subject on that show.

Justin: Yeah, there's a topic—

Travis: Listen, I can verify. He does. He does, he does.

Griffin: [laughs]

Justin: [laughs] Youtube it, just tube it.

Griffin: Uh, side, side note, let's go ahead and derail this train of thought, uh, further.

Justin: Oh, good.

Griffin: Uh, uh, Kel, I think was in a movie that I saw at the Blockbuster Video called "Who Made the Potato Salad."

Travis: Yes, he was!

Griffin: And that was the last— That was in 1998. I— When I saw that video cassette on the store shelf and that was the last time I ever saw Kel Mitchell.

Travis: He went to his novel writing career, uh...

Griffin: I know. I don't actually think...

Justin: You know what's weird about that? Where— By sheer serendipity, our first question, this week on *My Brother, My Brother and Me* comes to us from the potato, the underscore potato on Twitter. Uh, he asked, "I want a larger follower account, but I'm finding it difficult to get more than two in a day. What can I do?"

Griffin: Start a bunch of accounts and have them follow each other.

Justin: [laughs] Just, that's— Yeah, if we're talking about that question with determination, right?

Griffin: You can open a business where you have 1,000 accounts, right? I don't think there's any limitation of that, right?

Justin: Yeah.

Griffin: You don't, you don't— It's not like Facebook, you can just, you can just, you know, shit and five Twitter accounts fall out.

Justin: [laughs]

Griffin: You could have this network and you could say, "I will give you 1,000 followers in a day, you just pay me 50 bucks." And then, you know, you're spending all day clicking the follow button but it's still 50 bucks.

Travis: You know what I'm willing to bet? Someone is doing that somewhere.

Griffin: Yeah.

Travis: I have to believe that you're not the first person to think of that.

Griffin: Tell me who they are. And I'll, I'll, I'll shell out 50 bucks for 1,000, 1,000 followers...

Justin: The question is really one of quality, right? Like, if, if I see a funny tweet—

Griffin: Mm-hmm.

Justin: ... Usually I'm gonna click on that name. I'm going to say, "What is your— What are you offering? What's your story?"

Griffin: Right.

Justin: You know, and I will— I will look at them. I will read their words. I will, I will read, I will open up their mind and see what's inside. If I'm

climbing around in there, and I like what I see, I like the territory, I'm gonna stake my claim.

Travis: And can I say, if you're getting two new followers a day—

Justin: Not bad.

Travis: That ain't bad.

Griffin: Yeah, that's pretty good. Because as soon exponentially they're gonna start retweeting the funny shit you say—

Justin: Yeah.

Griffin: ... And then it's gonna be three followers a day and then four followers a day and then, hold on. I— Let me remember my—

Travis: 62.

Griffin: I got to pull up my Fibonacci sequence, but I think it's 62.

Justin: Yeah. 62. And then from there, you just start tweeting about products you're using—

Griffin: Uh-huh.

Justin: ... Sponsored tweets.

Griffin: And then boom.

Justin: Highway danger zone. You're rich.

Travis: Then, then you're famous.

Justin: Yep.

Travis: That's how it works. [crosstalk]

Griffin: Until you get Beebed.

Justin: Yeah, that's how Bieber did it. [laughs] Bieber started, Bieber started his career standing in the middle of malls, just singing at the top of his lungs. Then two people came up, they're like, what are you doing? And he's like, exactly.

Griffin: He wasn't even singing at first. He was just like, just ate a sandwich at Subway. It was real good. But he had to say it in less than 140 letters.

Justin: Yeah.

Griffin: Now he's on Saturday Night Live.

Justin: Like now-

Travis: I just want to say, I don't know who Justin Bieber is—

Griffin: What?

Travis: I know of his existence—

Griffin: So talented.

Travis: ...I have no context.

Justin: You do realize that that sort of like, that like, postmodern detachment from popular culture? That's not cool in my— It was cool back in the early 2000s. But it's hot to know— Yeah.

Travis: [crosstalk] name.

Griffin: No, no, no, he really is like, this is me being completely unironic. You guys remember how I got on that Twilight kick? But you guys knew that it wasn't— I was being ironic.

Justin: You were running a gag.

Griffin: This is one of the most sincere— Justin Bieber is super talented. Watched him on Saturday Night Live last night—

Justin: Oh, he knew what was up.

Griffin: He— God.

Justin: He knew how to work them.

Travis: Isn't he eight? He's— He's like, eight.

Justin: What? He's 13.

Griffin: He stayed up past his bedtime...

Travis: Oh, forget about it.

Griffin: ... to rock us all to sleep.

Justin: Yeah. To rock you to sleep. Ironical. 'Cause like I heard by 12 he was getting super cranky.

Griffin: [laughs]

Justin: He's like, "I want to go down!"

Travis: Well, hopefully that answers your question. Who is Justin Bieber?

Justin: Yeah, who— Someone had to have asked her, right?

Griffin: Speaking of questions, this one comes from Yahoo. Uh, the question is, "What is the chord progression during the intro of the ABC series *Greek*?"
[laughs]

Justin: [laughs] What?

Griffin: Comes to us from um, Yahoo Answers user Resuin, R-E-S-U-I-N.

Travis: Was it all in caps? Was it all in caps? He had to know right this second.

Griffin: Dude, you know what? Like it's all actually— Except for, he capitalized Chord Progression and Intro, which no, um, but he did put 'Greek' in like single apostrophes.

Justin: What?

Griffin: Yeah, I know. Like it kind of followed AP style.

Justin: So, Resuin was—

Griffin: More importantly, what the fuck, man? [laughs] That's what you care about? What?

Justin: ...What? Do you think that uh, do you think that Resuin is his, is his Christian name? Do you think his manager at Arby's is like, "Resuin, make all these fries."

Griffin: I think—

Travis: "Resuin, why don't you have a girlfriend?"

Griffin: More puzzling than his moniker is why he's trying to play the progression during the intro of the ABC series *Greek*. Sorry, let me finish the question. "What is the chord progression? Or is it from a song? I'm not talking about the Plain White T's song. I'm talking about the short five second chord progression that plays during the intro to *Greek* in the current season." Well, uh, they're currently in season five.

Justin: [laughs] So, so not to be confused with the progression from—

Griffin: Don't get it— Don't get this shit twisted because the first four seasons opened up with *Hey There, Delilah* by the Plain White T's. Now it's just like a generic sort of four chord, you'd know it if you heard it.

Justin: Yeah, of course. You know, [imitates four notes]. Right? That one?

Griffin: Why don't you just, you just play it by ear.

Justin: Right.

Travis: I love that that's the concern. Like, that he watched the show and all he came away with was what were those notes?

Justin: What were those notes?

Griffin: I'll get that, I'll get that occasionally, like from a television show. Like I'm sure that there have been— Like um, like uh... *TaleSpin*.

Justin: Sure.

Travis: [laughs]

Griffin: [crosstalk] ... learn the intro to *TaleSpin* on guitar. And then I will go and I will make that dream a reality. Um—

Justin: We're not talking though, we're not talking about—

Griffin: We're not talking about a timeless children's cartoon classic.

Justin: ... a song, where you play it at a party and get the whole party rocking. We're talking about five notes where someone's like, what is that? Was that a song? "Oh, you know, the beginning of *Greek*, just ticking it off."

Travis: The beep-boop-bop-boop-beep song. Yeah, you know, from *Greek*.

Griffin: Oh, wait a minute.

Justin: Oh, wait a minute. A lot of people would not recognize that upon hearing it. No one watches *Greek* and no one's ever seen it.

Griffin: No, no I—

Travis: Well, that's the heart of the...

Griffin: ... Listen, I got it. I just got confused. He said ABC series *Greek*. It's ABC Family series.

Justin: Oh, right.

Griffin: I have seen that show. So they—

Travis: Yeah, no, those five notes rule. They are epic. Tears. Tears.

Griffin: I have the whole collection, the whole *Greek*, they call it the frat house box set. Um, Duplex—

Travis: It comes in a keg, which is nice.

Griffin: It comes in, uh, two kegs because there's a lot of disks.

Justin: And as soon as you open it, go to open it, it melts it down.

Griffin: [laughs]

Travis: As well it should be.

Griffin: Ah—

Justin: That's a fine question and I— I don't have an answer for you.

Griffin: Go play better music. Go learn how to play, there's so many good songs.

Justin: Um, Spambot wants to know, "how do I get my incredibly talented artist friends to draw more?"

Travis: Um—

Griffin: I... I don't think if your, if your quote unquote incredibly talented artists friends, if they don't draw that frequently, then they're either not incredibly talented or they're not artists at all.

Travis: Or they're not your friends.

Griffin: Well, no, I wouldn't go that far. Maybe they're doing all this secret drawing and they're just keeping it, keeping it...

Travis: Yeah, that's their real friends.

Griffin: "Oh shit, here comes Spambot! Put the pencils down. Put down the pencils."

Justin: [laughs] I don't want her to see. Because every time he's like, "You ever—" That's a 20 minute conversation. He sees them working. And he's always so glad to see you doing that.

Griffin: [overlapping] "Hey, what are you, uh... what are you [crosstalk] down there?"

Justin: "Aw, keep it up. Keep it up."

Griffin: "What ever happened? You did two years at RISD and then you just bounced? What happened to your life?"

Justin: "Now you're doing sculpting? So back to drawing."

Travis: Um, my advice is this most likely, um, they know better than you know, uh how good they actually are.

Justin: Their advanced knowledge of the field.

Travis: Yeah, see you're looking at it going, "Oh my god!" But they've just been sketching Marvin the Martian.

Griffin: [laughs]

Justin: And they think it's like, funny ironic, but really, like, they know it's Marvin the Martian.

Travis: Listen, I just drew this dog an upside down heart and he's a happy dog and you're like, "Oh my god!" And you're crying and moved. Um, let them not draw that anymore. It's probably a good idea.

Griffin: Uh, here's another one from the Yahoo contingency. This one's from Caitlin W.

Justin: These are not our fans, by the way—

Travis: Wait, jump back real quick...

Justin: MBMBAM...

Travis: If you actually want them to draw more, um, encourage them—

Justin: Wait really, you're just gonna—

Griffin: No, no, no.

Justin: We're done, we're here. We're done here.

Griffin: Okay, here we go. This uh, this one headline, "I went on a first date with this guy. I didn't know what to say to him? So a guy I knew went on a date with me today.

I was really excited beforehand, and I couldn't wait to see him. I really like him a lot. No words can describe it. So anyways, we went to a movie and then when it was over, we walked around. But I didn't have much to say, neither did him. It felt sort of awkward. I did want to say something. I just don't know what."

Travis: [laughs]

Griffin: "So I hope to god that there's going to be another date with him soon." [laughs]

Travis: You know who I liked? That quiet girl.

Justin: [laughs]

Griffin: She goes on to ask for topics, like, to talk about. What struck me was, yeah, we had this super awkward date. Didn't have anything to talk about. Just three hours spent in the most horrifying silence imaginable. So God, can't wait for date two!

Justin: Date two! Bring it back. He said he'd take me to Cold Stone. Woo!

Travis: [crosstalk]

Griffin: At least at Cold Stone you have— "Oh, so what do you uh, what'd you go with? Cake batter and graham crackers, that's uh..."

Travis: "Are there, are there gummy bears in there?"

Justin: "Yeah, they're gummy bears. It's not a big deal."

Griffin: Do you have a funny story about graham crackers? I don't either.

Travis: [laughs] Can't wait to see you on date three.

Griffin: What time is it? It's only 7:21, oh my god.

Justin: What time is your mom picking us up?

Griffin: You know the real, the real awkward moment had to be like, "Hey, what do you— What are you writing on your phone?" [laughs]

Justin: "I just, I was just asking Yahoo, uh..."

Griffin: [laughs]

Justin: ...the date was going, I thought, I thought it was going pretty good. Well...

Griffin: Oh my god, I didn't read the answers! [laughs]. Uh, all right, I've already found my favorite.

Justin: Okay, just tell your favorite.

Griffin: This one isn't my favorite. I'm gonna save the favorite to give some suspense. Here's not my favorite. "Ooh, he probably thinks you're not interested in him now. Text him now and say I really enjoyed our date with a smiley face."

Justin: [laughs] So important, the smiley face

Travis: Yeah, you don't want to admit if... [crosstalk]

Griffin: Danny says, "Well, for my first dates, I usually go on a double date." Oh, that makes, that you know, I've pulled that game. I played that game before. Here's my favorite. [laughs] This one's from Jack Daniels. One of the few people on Yahoo questions with a, uh, an avatar and it's him.

Justin: Ironically, if you're Jack Daniels, you never have to worry about what to say next. It's just there.

Griffin: It's an avatar of him and he's wearing a backwards baseball hat, he's got headphones on and he's winking. Right?

Justin: Wait, this is Jack Daniels with like the old black [crosstalk].

Griffin: Jack Daniels avatar.

Justin: ...sepia-tone goatee?

Griffin: No, no, no, it's like one of those fucking Zwinky, like, cartoon yourself!

Justin: Oh, yeah.

Griffin: Here's, here's the answer. You ready? Shh. No laughing, seriously. This was answered 23 minutes ago, too. So this is hot off the oven. You know? [laughs]

[pause]

Justin: I can't, I can't do this.

Griffin: Okay, okay, okay. Sometimes the quietest moments can say the most about yourself.

Justin: [bursts into laughter]

Travis: [laughing] Man, those footprints in the sand, but it's just the one set...

Griffin: I'm literally creating a Yahoo Answers profile right now so that I can give his comment a thumbs up. Make it the highest rated answer of all time.

Justin: [laughing]

Travis: I would like to picture him really super drunk when he read that, too like...

Justin: "Hey, hey, Jack Daniels, can you take your headphones off and talk to me?"

Griffin: [laughs]

Justin: Come on bro, no, listen. Straight up—

Griffin: Straight up.

Justin: ...the quietest moments, girl. I just told this one bitch on Yahoo Answers. Stop!

Griffin: [laughs]

Justin: I just told her that the quietest the quietest answers, you know? What's up?

Griffin: What's great— It's all, his answer is all lowercase too so he's [whispers inaudibly].

Travis: And you know what? He's right, because those quiet moments told her date, this is a terrible date.

Griffin: [laughs] "This is awful."

Justin: You did in effect, communicate more than you probably could have.

Travis: "Hey, guess what? I'm boring."

Griffin: "This is what it would be like forever if we got married forever."

Justin: "Can you imagine our children sitting in silence and staring at us and wondering why mommy and daddy don't talk? [whispers] Think of it, it's a world away. But it's really just a second date away. Call me."

Travis: [laughing]

Justin: "No, don't. Text me and then I won't answer, it will be like I'm there."

Travis: "Call me and I'll breathe into the phone for a while."

Justin: Suzanne uh, I believe it's I-L-E-S, but it could be two L's at the end. She's actually from County Cork, according to her Twitter, Twitter profile. Um, she wants to know how she can add, oh, about 10 hours to her day. Now this is, of course, impossible. But time management, what is— What's the secret?

Griffin: I've got a couple...

Justin: "I really need advice on how to add oh, about 10 hours to my day. Could you help?" We can, we can of course. We always have an answer.

Griffin: Right. Um, the not sleeping thing is good. But like, not jokingly. Like sleep— Sleep less. Go to sleep earlier. Wake up earlier.

Justin: See, I don't agree— I don't con to that. I think your sleep time is so important.

Griffin: It is important but that you don't have to do 13 hours of it. You know, you got to take good care of yourself and then get, I don't know, seven?

Travis: Here's the way I look at it, go to sleep later, but wake up at the same time. Because that's so much for me is I wake up earlier and I'm tired. Even if I got the same amount of sleep.

Justin: It's very—

Griffin: Do you know what another good one that I've been working on?

Justin: What?

Griffin: In that, um, don't— Try your very best to not read.

Justin: [laughs]

Travis: [laughs]

Griffin: Anything. Don't read— Because every second you spend, not even a book like but on the internet, uh every second—

Justin: Or signs.

Griffin: Or a road sign or instructions for medicine like ,that is— Those are minutes, minutes a day that you spend reading that you could be, you could spend doing other things.

Justin: There—

Griffin: You read a lot and if you cut that out of your regimen? Oh, it's so much time, you're just gonna, you'll be amazed at how the day opens up to you.

Justin: In the news, in the news biz, we have something called the inverted pyramid with the most important steps at top. So basically just read the headline and if you're not getting the news than they've let you down.

Griffin: Oh, oh oh, I'm sorry—

Justin: Like, if you have to read beyond that-

Griffin: I should have been more specific. Just don't read the news, either. There's just not much of a reason to read it.

Travis: Okay. Once you read the news, it's already happened.

Justin: Yeah.

Travis: That's passed. That's done.

Justin: That's back, that's back. And you know what? Another thing people do is they do things too many times. Like you got to hug someone and you start the hug and it's like, yes, I get you're hugging me, and you start enjoying it too much. And you're there for what? 20, 30 minutes.

Just, just give them a quick in and out. You give them a quick hug and you're done. The hug is accomplished. And then you've got you just picked up 20 minutes.

Travis: Yeah, also stop eating.

Griffin: You know, eating is cool.

Justin: No, eating's down.

Griffin: Eating is, eating is pretty cool. I'm saying that, like, you need to reevaluate. You need to look at the things in your life that you're doing.

Justin: Mm-hmm.

Griffin: And you need to figure out what you would rather be doing with that time.

Justin: Also, it seems counterintuitive, midday nap. Just super energizing. Get yourself a Pzizz going, just ooh, in and out.

Griffin: Yeah because if you can get a 20 minute—

Justin: Just a 20 minute power nap.

Griffin: ...20 minute power nap in, in midday, then, then the rest of the day is going to feel longer.

Justin: Right. Uh huh. Yeah.

Griffin: It's a little secret.

Justin: Little pro tip. It's about perception. It's a question of perception. Ryan Gan is afraid of bees, wasps, and hornets.

Griffin: Should be.

Justin: We, uh, he said when he wears red shirts in the spring they seem to go near me. What do I do?

Travis: Don't go outside—

Justin: First off, that's a perfect, uh we have so many fears that are irrational. The fear of stinging insects is a direct, real— Celebrate that fear! That's exactly right. Yes!

Travis: Like, I'm being afraid of a shark that's swimming near me. Yeah!

Justin: Yeah. Absolutely!

Travis: Be afraid of that shark.

Justin: Absolutely.

Griffin: I mean, the smart ass answer is don't wear— Don't wear a red shirt.

Justin: Right.

Travis: That's what I said.

Griffin: But I—

Justin: The Enterprise captain told him that he didn't have long for this world. So he's wearing a red shirt and he's gonna get stung-

Griffin: But I get, like—

Justin: Going to go to a planet before he gets scooped by some multi tentacled things are wheeling...

Griffin: I understand that, that I have so few shirts in my life that I think that— I think I have a good, positive body image when I'm wearing and one of them one of them is red and like maybe Ryan's in the same boat where he's got this sweet ass red shirt that he got at PacSun. And it's—

Justin: Griffin is sort of like Doug Funny.

Griffin: It makes me feel good to wear it.

Justin: Griffin has, fundamentally, what is a uniform. The Griffin uniform. You open up his closet, it's 20 of this red shirt from PacSun—

Travis: An all snap button shirt...

Justin: Slacks, a cock thing...

Justin: [laughs] It's the same every day.

Travis: And his mask.

Griffin: A red— a red cock ring. I, but I understand what he's saying like, this— Not wearing the red shirt's not an option because if you stop wearing the red shirt, then the terrorist wasps win.

Travis: Yes.

Griffin: So, what you can do is you can spritz yourself with OFF! But that's not— You don't want that scent following you around. I heard about these things, they're medallions. They're like, they're medallions that you can either like snap to your belt or I guess wear around your neck if you— They're not particularly stylish, but they exude OFF! or some sort of bug repellent.

Travis: That's the most disgusting thing I've ever heard.

Griffin: No, it's not like uh, it's— Why is it disgusting? It's not unsanitary. It's like a little puck.

Travis: No, 'cause I'm picturing wearing it like a necklace and it's just exuding OFF! Like it's just really gross.

Griffin: Anti-wasp pheromones.

Justin: Hey, what do you smell like? I smell, you smell like, you smell like OFF! You have a Deet— You have a Deet-esque aroma.

Griffin: Sort of—

Travis: You have a real strong citronella smell.

Griffin: Citronella—

Justin: Sort of a citronella meets OFF! and ass.

Travis: And ass, like you smell like ass. Like an ass.

Griffin: But dude, that, that medallion, though—

Justin: But you look awesome.

Griffin: ...Looks really great with that red shirt. It's all colludes.

Justin: Are we talking about, like, an enchantment? Is this more of an enchantment sort of?

Griffin: I would say in our...

Justin: The only medallions that I know of are either beef or enchanted.

Travis: Here's what you do. You go down to the magic store and you tell them that you're having a wasp issue.

Justin: A wasp issue.

Travis: He knows what you're talking about. Don't worry. He's got it.

Justin: He's very old. He goes down to the uh, to the medallion wing of the magic store gets you a medallion. Not a big deal.

Griffin: The other thing you can do is just run away from them as fast as you can. That's my, that's my—

Justin: Yeah, just— They are little. They are really, they are really small.

Travis: Make sure you scream like a girl, too.

Justin: Yeah.

Travis: It's really important.

Justin: ...But that is a natural defense.

Griffin: Travis and I in our in our um, our Cincinnati love nest, we have we have a balcony and I'll occasionally go out there and play guitar for all the children, the small children—

Travis: He plays the five chords from *Greek*. [laughs]

Griffin: Play the chords over and over again. Sometimes I'm just having a good time, you know, playing a mellow *Greek* jam. And then like three big fat bumble bees will come up and like—

Travis: Enjoy in the jams. "Is that *Greek*? You playing *Greek*?"

Griffin: These motherfuckers, they are plump with blood. I think?

Justin: [laughing] Yes. Yes, bees that carry blood from person to person. Inject them with blood.

Griffin: I've seen bees before—

Travis: And that's how babies are made.

Justin: That's how babies are made, exactly Jack.

Griffin: ...the fattest bees I've ever seen. And they'll just rush me and I have to get up in the middle of my jam and squeal and just get, like, throw the screen door open and get inside it. Like I just bought this new guitar. I don't care if it slams into the brick wall. As I'm like getting into the building and shutting the screen door behind me, like, it's terrifying but you just gotta get out of there. It's just one of those things you have to deal with.

Justin: Yeah, that's, that's— You know what? That's life. Um, Scratty Bones, do you guys know him? Scratty Bones on Twitter.

Travis: Scratty Bones Jones?

Justin: Scratty Bones Jones. Uh, "how many times a week should I shampoo my hair? I'm currently on a wash thrice, shampoo every third wash cycle." Okay, we're gonna get just real talk here. Um...

Travis: Yeah, you just entered into our wheelhouse.

Justin: This is— Listen, this is a matter of some debate for men of dry hair.

Griffin: Let me open up, let me open up by saying I didn't know like, this is one of those many, many things that I as a 22 year old adult should, should know and and incorporate in my life. But I shampoo my hair every time I get in the shower.

Travis: See that... [crosstalk] ... you've got that coarse hair.

Justin: That's why you've got that hair like you have.

Griffin: So I shouldn't be...?

Justin: You're having an awakening— Guys, it's our first awakening.

Griffin: I feel like when I don't.....

Travis: You're listening to awakenings with Justin, Travis and Griffin.

Griffin: I feel like I'm getting dirty like if I don't do it, I feel dirty.

Justin: But the thing is the natural oils that your scalp produces, makes your hair look, look... Think of it from like a caveman era, your body biologically wants your hair to look better.

Griffin: Right.

Justin: It's trying to make your hair look better. It's doing what it can to help you. And you like...

Travis: I like the three day rotation. I like the three day...

Justin: The three day rotation. I am down. Now sometimes what's the problem? You got to get in there on that third day with a real hard scrub or your scalp's going to go to shit.

Griffin: That's the nightmare scenario.

Travis: [simultaneously] Right? And also it depends for me if I, when my hair gets longer and I know I'm running my hands through it a lot and getting it real gross. I'll do two, two day rotation.

Justin: Sure, yeah. And if you use a lot of products one day you, and you got to get away from that feeling... And you know what I would also, if you want to— If that's not good for you, get yourself a nice, like, smoothing gel. Something that's going to reduce that frizz for you my man.

Sunny my, my gay person hairstylist at the Master Cuts, that's my boy Sunny. He says, "Oh we get you some [unintelligible]. That's what he always says, no matter how he cuts it.

Griffin: Wait a minute, Sunny? I know that fool, he used to work at Fantastic Sam's, right?

Justin: Yeah, yeah.

Griffin: And he migrated.

Justin: Now he migrated, like a beautiful...

Travis: To a more gay person-friendly station.

Justin: Yeah! But the Fantastic Sam's wasn't gay person friendly enough for Sunny.

Griffin: Well, with a name like Fantastic Sam's, remind me...

Justin: Yeah, you'd think...

Travis: Oh, you know, they're real heterosexual American friendly.

Justin: You know what's adorable? You know what's adorable? He, he says, "Hey!" So I, so I say, "Am I good?" I'm always going on Friday for some reason. And he says, "What are you doing this weekend, buddy?" Um, you know, I'll tell whatever boring shit I'm doing. He says, "I'm going to go down to the new gay bar, it's called..." whatever, Accelerator or whatever the new gay bar is. Shemanigans.

"I'm going to go to the Shemanigans, and, you know, my friends, they always drag me to these gay bars. I don't know, buddy." And it's like, come on! Come on, Sunny!

Griffin: [laughs]

Travis: I don't even know what's going on.

Justin: Come on, you're impeccably dressed. Come on. I don't care. It's sad. The reason we live in he's been conditioned to try to keep that on the DL. Uh, but no he's— I mean, he's great. But anyway, my man Sunny, my boy Sunny, he says to use the, uh... He says that I should use a smoothing gel. So I do. Just a nice—

Travis: It's important to note you should still rinse your hair out. You should get in the shower and rinse your hair because if not, that's gross.

Griffin: But see, really, there's just one, there's one unsolved mystery here.

Justin: Okay, crack it.

Griffin: You guys obviously know more about this than I do. But if you don't shampoo your hair, then how are you supposed to put shampoo in your hair and let the suds run down? And then just use those suds as soap. Right?

Justin: [laughs] Oh, okay.

Travis: Listen, great question. Bypass the head altogether, go straight to the chest hair..

Griffin: You're telling me that I shouldn't use soap, is what I'm hearing, except for every Wednesday and Saturday.

Justin: I think that this grooming section, I'm one of... has taken a weird turn where it's like more about—

Travis: How gross Griffin is?

Justin: Just the terrible life of Griffin McElroy. It's weird. It started out as about thing and now it's kind of depressing.

Griffin: I miss clean as a motherfucker, but I do it in suspect ways.

Justin: Yeah, yeah.

Travis: [laughs] He's going for that every man. I've got this, why not just combine the two tasks?

Griffin: I operate outside of the accepted social norms.

Justin: I feel like this is—

Griffin: When it comes to showering.

Justin: ...this has gone from like a Dear Abby column to like a photocopied independent comic that someone on the streets in Brooklyn would hand you where it's like, my terrible life, like, what a wreck I am. I—

Griffin: Or, perhaps an intervention.

Justin: Hey, also, apparently, Suzanne, if you want to shave a few minutes from your day, just use your shampoo for soap.

Griffin: [laughs]

Justin: Like a monster.

Travis: And then cry. Cry for...

Justin: Just cry yourself—

Griffin: Before next week's show...

Travis: How much time do you have to blackout for crying? Um...

Griffin: ...before next week's show, I'm going to get a bar of soap. I'm going to get a thing of shampoo. Uh, and I'm going to read off the ingredients in both and it's going to be the same.

Justin: Wait, can I— Can I— Can I, Griffin, can I say...?

Griffin: So embarrassed.

Justin: Griffin, are you conditioning?

Griffin: Oh, yeah, yeah, yeah.

Justin: Okay, all right.

Travis: Well, see but you don't want to do that every day either.

Griffin: No, I do that every— I do that twice, I do that twice a day.

Travis: No, do not do that.

Griffin: What?

Travis: Do not— Yeah, you didn't know that?

Griffin: I'll carry a little bottle of sham— of conditioner with me. I'll do it in the shower-

Travis: Oh, no, no, no.

Griffin: And then just like after lunch—

Travis: You don't want to condition everyday.

Griffin: ...I'll just dry...

Travis: Every time I go to get my hair cut. When I get my hair cut, the girl's like, "Have you conditioned yesterday or today?" And if I say yes, she won't do it. Like, because you do lose manageability of your hair. Like, I know. But like your hair should be somewhat coarse so it holds a natural shape.

Justin: Working— Working Stiff Pro says uh...

Travis: Next up.

Justin: Yeah, this is my— This is our subtle queue. "Dear MBMBAM, I'm looking for love, not the sicko type. But if I find that I'm not opposed."

Griffin: Hey—

Justin: Nice. keep it open. Any ideas?

Griffin: I think that you're— You've got a stick up your ass. I don't think you should— I don't think you should— If you ain't got love, you shouldn't be able to, you know, cast aspersions about it. "Not sicko love."

Justin: Yeah, but maybe you get that weird love, that love with a pillow shaped like a person love.

Griffin: [laughs] Who's to say that's not love though, right? In that person's mind...

Travis: I actually, I just had my mind changed on internet dating.

Justin: Yeah?

Travis: Um, like I was talking to a female friend of mine and all she does is internet dating because in her mind, she doesn't have time to go through all the shit of like going to a bar. And like the guy she works with, she sees every day. So she doesn't want to do that. And I was like, you know what? I

have been judging that too harshly. Now, that being said, ladies and gentleman...

Griffin: Don't get near that Craig's List.

Travis: There are fucking freaks. There're freaks on the internet. Do not trust people in anything. But I now see that as the Bible like, hey, good work. If you want to go through internet dating, and that's your jam, do it. Don't be ashamed of it.

Griffin: But even when that internet dating is like a Craig's List listing. It's like, hey...

Justin: Right.

Griffin: ... How's it going? You want to come over and hang out? We can watch movies and you can jerk off, you can jerk off my dog. No? Wait a second...

Justin: Red flag.

Griffin: But that's still love for that person.

Justin: Go to a community if you're going to shop online for dudes or chicks. Uh, ladies, excuse me. Make sure it's a community you trust, like the MBMBAM community of fans.

Griffin: Lots of singles, just...

Justin: Lot's of singles just mixing it up in there.

Travis: That being said, pigs only, please. Pigs only.

Justin: [laughs] Pigs only.

Griffin: Pigs only.

Justin: SL.

Griffin: And no fatties.

Travis: Um, best way to do it, meet new people, dude. Just meet new people every day. Meet some new people.

Justin: Yeah, get up. And, and, and remember, here's a good, just, tip for life. Remember, it's impossible to get someone interested in you. So be interested in other people. That's the secret to success. And nobody's—Everybody wants to feel like people are interested in them. Get interested in other people. And the love, the love will find you.

Travis: And here's my secret trick, dude. When you go out and you're looking for a girl, have girls with you. Girls will trust you so much more.

Justin: That's good, too. That's good too.

Travis: That's the thing because there's always that natural, like, I feel creepy walking up to a girl at a bar and be like, hey, baby, can I buy you a drink? But if you have another girl with you, that's a litmus test for that girl. Like, oh, this dude's not a super creep-o serial killer. I can at least chat with him for now.

And then don't push it. Don't push it. If you're like, "Can I buy you a drink?" You have a good 10 minute conversation be like, alright, that's a W. And if we come back and talk again later, great, but don't try to move from 10 minute conversation to, so do you want to get married? Just, like, enjoy that 10 minutes, and then you know, see how it goes later.

Griffin: Or another option. Um, don't feel like you have to be in love with somebody, you know? I've got a pretty good life. I'm not you know, I'm single, no prospects.

Travis: [laughs] And he also shampoo's every day.

Justin: Shampoo is soap, Griffin McElroy is on the market.

Griffin: ...At 12:40 I wanted to have a hot dog and a soda, but we didn't have buns. We had some leftover brats that my brother made last night on the grill. And I cut it up...

Justin: They were already a week old. Important to note.

Griffin: ...put it in ramen, and I didn't have soda, so I drank beer and it was 12. It was 12 o'clock. So you don't need any— You don't need— You don't— If you have someone that can tell you not to do that.

Justin: [wheezes] It doesn't matter sicko, it doesn't matter, love. You just need someone—

Travis: Just as long as they have enough cognizant awareness to say, "Hey, don't eat brat and ramen and beer it's 12 o'clock."

Griffin: You're nicer, you need people in your life. [laughs] You need— I've got Justin and Travis. Without them, fuck, I'd be, I would be— Just eat the shampoo. I would get confused.

Justin: [laughs] And then rubbed the ramen all over himself.

Griffin: Rub the ramen on—

Justin: That's something I'm not willing to say he has not done.

Griffin: Uh, well look when you don't have a loofah sometimes you do, uh. Desperate times call for desperate loofahs. This one comes from Yahoo. Um, open question from Tara, the top contributor. I don't know if that means, like, of all time or just for today. But the question is "what is the first song that comes to mind when I say the word party?"

Travis: [laughs]

Justin: [wheezes]

Griffin: Uh...

Travis: I'm pretty sure I know what Justin's answer would be to that question.

Griffin: I, you know, what I'm going to say the top answer on, uh, this Yahoo question is the correct one.

Travis: Is it Andrew W. K's—

Griffin: *Party Hard*? No, it is on— That is on there.

Justin: What about DMX's *Party Up in Here*?

Griffin: Uh, I don't actually see that on the list. If we're assuming that the answers that have been given are indeed the correct answers.

Travis: Well, yeah. Like I have one more guess. Lionel Richie's *All Night Long*.

Griffin: No. Close. *Party All the Time* by Eddie Murphy is one of the top answers. It's not the top answer. Uh, someone said *Birthday* by The Beatles. Actually, no, that's the worst song ever recorded.

Travis: That is the worst song.

Griffin: Uh, *Party in the USA* is on here a couple of times by, uh, musical ingenue Miley Cyrus.

Travis: Well, yeah.

Justin: She— You know, she wrote the *Greek* theme song. [laughs]

Griffin: [laughs] The top answer though... Do you guys really don't not know it?

Justin: Tell me.

Travis: No.

Griffin: I guarantee you know it, if you think.

Justin: I will probably know once you say it. I mean well, I will be familiar—

Travis: It's *Hollywood Nights* by Pete Seager.

Griffin: Shots, shots, shots, shots, shots, shots, shots, shots!

Justin: Oh, no is it?

Griffin: ...shots, shots, shots, shots!

Travis: That's the best answer ever.

Justin: I mean, it's a very good answer. I mean, it should come to your mind when someone's trying to get the party started. No one's ever been having a bad time and someone dropped *Shots*. And everyone's like, "I don't know." No, it it it's time.

Travis: There are two words in that song that always make me go. Well, yeah. And it's buttery nipples. And when they say it, oh, that is heaven. That is heaven.

Griffin: For me, it's, for me it's shots and shots.

Travis: And then they say...

Griffin: The 23rd and 28th instances of the words being used.

Travis: And I think it's the best usage of Lil Jon I've ever seen.

Griffin: God.

Travis: The best use of the force that is Lil Jon.

Justin: I think the best use of Lil Jon was that time my car broke down and he pulled over to help me with my tire.

Travis: That was pretty cool.

Justin: It was nice.

Griffin: [imitating Lil Jon] Get them lug nuts!

Justin: [laughs] I was like, I'm right here, Jon, you don't...

Travis: [imitating Lil Jon] Lil Jon!

Justin: And old John, I don't know. You look about the same height as me. Um, I'll just pass you the lug nuts, so you don't need to yell. Unnecessary.

Travis: Ah, now, I really want to listen to shots.

Justin: Uh, unfortunately...

Griffin: I think it's the theme song to our show.

Travis: Yeah, the theme song of my life. Oh, that's a sad thing to say out loud.

Justin: Yeah, yeah. I can't think of a finer, finer moment to close on.

Griffin: I think it would be good for us to, when we end each show, to have one question that we announce at the end of the show and then just you know, ruminate on until the start of the next week's show once we've had a week to think about it. Um...

Justin: You have a question, don't you?

Griffin: I have it, yes. It's on Yahoo.

Justin: Okay. That's what I thought. That's where we're headed.

Griffin: So you let me know when you're ready for the end to come.

Travis: Justin, if they want to contact us, what's the best way to get a question out into the ethernet for us?

Justin: Uh, you just use the Twitter and use the, uh, use the hashtag MBMBAM or uh, you can use the internet to email. It's MBMBAM@gmail.com. And we will have more options for you as we progress where other things are in the works, but for now, that's how we roll.

Griffin: Final question of the day from Yahoo Answers user Mally. "Can birds get allergies?"

[theme music plays]

Travis: [laughs]

Justin: I'm Justin McElroy.

Griffin: I'm Griffin McElroy.

Travis: I'm Travis McElroy.

Justin: And this has been *My Brother, My Brother and Me*.